

6 Types of Self-Care for Students

Emotional Self Care

- Talk to a Counsellor
- Do something crafty: coloring, painting, make a vision board from scrap magazines, etc
- Try a mindfulness or grounding exercise - check out apps like Calm, Headspace, Mindshift CBT or TAOconnect which UofL subscribes too for students use
- Take a mental health day and feel not an ounce of guilt about it - be intentional with self care
- Watch funny YouTube videos
- Put on a feel-good movie
- If feeling stressed, ask or write down the answer to "Can I control the situation?" if not, how can you let it go and set yourself free?
- Write down 3 good things about your day or week
- Say 'no' to something or someone and not feel guilty about protecting your boundaries

Practical Self Care

- Light your favourite a candle
- Aromatherapy with essential oils
- Go for a drive—no destination required
- Declutter or organize a place or space that's been bugging you
- Bake a dessert and eat it - savouring it guilt free
- Watch the sun rise or set. Don't take any pictures or post about it on social media - just watch
- Clean up your social media accounts
- Listen to a podcast
- Take the time to do your hair and/or makeup - for no other reason than it sometimes feels good to feel put together
- Take a bath - complete with bubbles, candles and calming music; read a book or listen to audio book in the bath; or watch a movie on a phone or tablet, bring a snack
- Give yourself a hug, you're doing the best you can and you are a good person!

Physical Self Care

- Give myself a manicure or pedicure
- Pick or buy a bouquet of fresh flowers
- Take a leisurely walk without a goal
- Put on a homemade face mask
- Order in dinner
- Try out a completely different recipe
- Take a bike ride
- Learn a new solo activity, like longboarding or disc golf
- Use the outdoor gym, available at parks like Nicholas Sheran
- Have a dance party to favorite music
- Sing a song you love the top of your lungs
- Go to the park and play on the playground - be a kid again!
- Go swimming or just enjoy the hot tub
- Get a massage or give yourself a massage using a tennis ball or foam roller
- Stretch! Move your body in any way that feels good without worrying about what you look like

Mental Self Care

- Read a book or magazine
- Yoga or stretching - free guided tutorials on YouTube
- Give yourself permission to binge watch your latest fav show obsession without guilt
- Take a nap
- Go to the library or bookstore - sit in a comfy chair and read for leisure
- Mindfully enjoy drinking a large glass of water
- Book a session with your counsellor
- Clean up your social media accounts
- Sit in a coffee shop and sip on a luxurious drink or make one at home and sit in your favourite spot
- Go to bed early or sleep in late
- Research something that you've been interested in but haven't had the time to check out
- Escape for a moment by taking a virtual field trip or watching a live zoo cam

Social Self Care

- Call someone who makes you feel good
- Have a picnic - enjoy it solo or with a friend
- Edit who you follow on social media (if they don't bring you joy, they gotta go—no matter how nice, inspiring, or cool they are)
- Go to a local museum or walk downtown with a friend and just notice and observe - historic buildings, buildings, art, sculptures, culture, etc
- Write a letter (or send a postcard or an email) to an old friend or loved one
- Try making dinner creatively with a friend using only ingredients you both currently have
- Try out a new fun recipe with someone
- Share a dessert with a friend
- Go swing on a swing set with someone
- Go for a walk and make eye contact with each person you see and say hello

Spiritual Self Care

- Sit out - just sit and be present
- Write a list of 5 things to be grateful for
- Set yourself boundaries - guilt free (sometimes this means saying no to someone or to an event)
- Do a random act of kindness
- Journal - find online journaling suggestions or questions to inspire thoughts/feelings to write about if this feels unnatural or new
- Lay in the grass and watch the clouds float by
- Look at the stars
- Go for a walk in nature, observe and listen
- Do a 5-10 minute meditation
- Write down 5 things you can let go of and 'set them free' by safely burning it
- Try mindful eating - ex. slowly savour a single strawberry or piece of chocolate, include the 5 senses, and then reflect on how each ingredient arrived to you and how many places and people it was in contact with - generates deep appreciation