



Self - Care

As a student, it's common to feel overwhelmed at times with school and other personal responsibilities.

You'll quickly notice that the demands of university life can require more effort than high school because you are being asked to be more independent than ever before.

This transition can be unsettling, which is why practicing self-care becomes can help you in adapting and thriving in university life.

Self-care can help you to nourish your wellbeing and manage stress.

Spiritual

Spiritual self-care is any ritual of practice to further your connection to your higher self, the real you, who you are as an individual without any ego or deception.

This includes;

- Spend time with nature.
- Find a spiritual connection or community.
- Be open to inspiration.
- Contribute to causes you believe in.
- Meditation.
- Try at times not to be the expert or in charge.

Professional

Professional self-care is about the things you do that are related to your work/university life.

Can lead to a healthy work/university-life balance will make you more productive in your career.

This involves;

- Take breaks during the day.
- Take time to chat with colleagues/ other students.
- Make quiet time to complete tasks.
- Arrange a comfortable workspace/ find a study environment.
- Get regular feedback from mentors, supervisors, etc.
- Prioritize tasks/assignments.
- Do a little bit of work every day.

Physical

Physical self-care includes how you're fuelling your body, how much sleep you're getting, how much physical activity you are doing, and how well you're caring for your physical needs.

How to look after your physical self;

- Eat regularly.
- Eat healthily.
- Exercise.
- Get regular medical check-ups.
- Get medical care when needed.
- Take time off when sick.
- SLEEP!

Emotional

Emotional self-care can be described as: "Caring for your emotional needs by identifying and nurturing your feelings, your conscious and your intellect.

- There are a variety of things we can do to improve our mood.
- Little things go a long way.
- Take the time out to breathe and unmask.
- Mood tracking, sleep tracking.
- A mood tracker is a convenient way to monitor your mood throughout a month.
- Code it any way you like such as colours or symbols or pictures.
- It's about taking 5 minutes out of each evening for yourself. A time when you review the day and evaluate it. Was it a particularly special day? Did you get annoyed about something?

Mood Boosters: Adjust lighting, switching off, no all-nighters, work in bursts, treat yourself.

Psychological

The way you think and the things that you're filling your mind with greatly influence your psychological well-being.

- The tips from previous sections will also contribute to an improved frame of mind.
- What relaxes you? Tv, music, books, podcasts?
- Aromatherapy, favourite smells.
- Bullet journals/diary.

How to do encompass self-care into daily routine?

- Finding a regular cleaning routine that suits your schedule.
- Break down tasks into smaller steps.
- Get out of bed, make the bed, brush teeth etc.
- Eventually this becomes a routine that you don't even notice you're doing.
- Keep a daily planner if it's convenient for you.

