

***Three Important Components of Self-Care:  
Physical, Emotional and Mental***

***Physical Self-Care***

***Movement and Nutrition***

*Exercising daily and choosing healthy food options for meals and snacks are essential parts of self-care.*

***Sleep***

*Having a fixed bedtime and getting sufficient sleep each night is essential to self-care.*

***Hobbies***

*Hobbies can help with improving your mood and reducing stress.*

***Nature***

*Spend time outside, exposure to natural sunlight can help with improving mood and reducing anxiety.*

***Mental Self-Care***

***Meditation***

**Self-Development, Counseling, and Special Accommodations Center**

*Mediating daily can help to reduce stress levels and anxiety.*

***Journaling***

*If you're having a hard time expressing yourself, try writing your thoughts down. Journaling daily can lead to self-awareness, insight and an overall growth mindset.*

***Seek Help***

*Ask for help when you need it. Talk to a mental health professional, friend, family member or professor, mentor or coach. Learning how to ask for help is an essential skill and it is necessary for self-care.*

***Emotional Self-Care***

***Self-Talk***

*Are you constantly negative? If so, try reframing your thoughts. Reframing requires you to look at situations in a more positive way.*

***Boundaries***

*Set healthy boundaries with others.*