

“USING SELF-CARE AS A TOOL”

Including self-care activities into your schedule can HELP WITH managing stress, anxiety and mood disturbances.

CHOOSE A SELF-CARE ACTIVITY

<i>Go for a Walk</i>	<i>Star Gaze</i>	<i>Plan/Have a Virtual Game Night with Friends</i>
<i>Sit and Relax at a Park</i>	<i>Watch funny YouTube Videos</i>	<i>Take a 15 Minute Break at Work</i>
<i>Take a Break from Social Media</i>	<i>Give yourself a Pedicure and Manicure</i>	<i>Put together a Puzzle</i>
<i>Sit and Relax in Yard, on Patio or Balcony</i>	<i>Bake</i>	<i>Read a Magazine</i>
<i>Color</i>	<i>Go to Bed Early</i>	<i>Start a Garden</i>
<i>Go Fishing</i>	<i>Ride a Bike</i>	<i>Go Camping</i>
<i>Meditate</i>	<i>Take a Hot Bath with Bath Salts or Bath Bombs</i>	<i>Go Hiking</i>
<i>Create a Gratitude Journal</i>	<i>Listen to Favorite Podcast</i>	<i>Declutter (Spring Cleaning)</i>
<i>Paint or Draw</i>	<i>Listen to Favorite Music</i>	<i>Sew or Knit</i>
<i>Read a Book, for fun</i>	<i>Exercise</i>	

Self-Development, Counseling, and Special Accommodations Center

DECIDE WHEN AND HOW OFTEN YOU WILL COMPLETE THE ACTIVITY

Mornings, Evenings, Weekends or Lunchtime? Daily, Weekly, Biweekly or Monthly?

Once you’ve decided when and how often, create a schedule.

STAY CONSISTENT

To notice a positive change, self-care activities must be done regularly.

*Set reminders to help with this.**

CHANGE OR ADD MORE ACTIVITIES AS NEEDED

Base the number of activities and the consistency of the activities on a self-assessment.

More Stress=More Self-Care Activities*