



# WAYS TO PRACTICE **SELF-CARE** FOR COLLEGE STUDENTS

Self-care involves all intentional actions an individual takes to care for themselves (Withers, n.d.). It is often explained as care “provided for you, by you” (Fort Garry Women’s Resource Centre, n.d., p. 2).

O1

## ▶ **MENTAL SELF-CARE**

- Maintain contact with loved ones
- Reward yourself for accomplishments
- Take a break from social media
- Allow yourself to feel emotions (laugh, cry, etc)

O2

## ▶ **PHYSICAL SELF-CARE**

- Go outside
- Take naps when you are tired
- Eat on a regular basis (breakfast, lunch, & dinner)
- Exercise to release excess energy

O3

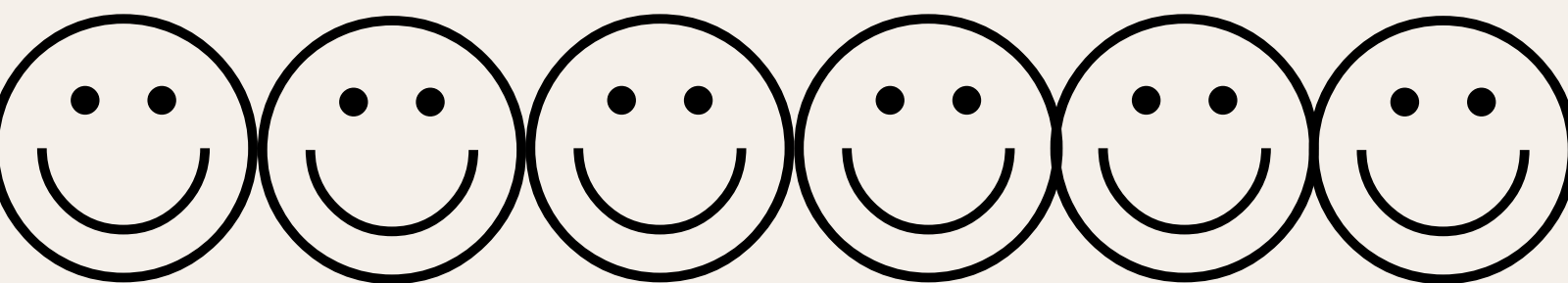
## ▶ **SPIRITUAL SELF-CARE**

- Spend time in nature
- Volunteer for a special cause
- Practice meditation or mindfulness
- Express gratitude or self-reflection through journaling

O4

## ▶ **ENVIRONMENTAL SELF-CARE**

- Declutter your environment
- Dim the lights or use a lamp
- Decorate your room with items that bring you joy
- Use calming scents such as lavender in your home



Fort Garry Women’s Resource Centre. (n.d.). Coping and self-care. <https://fgwrc.ca/wp-content/uploads/2018/10/Coping-and-Self-care.pdf>

Withers, T. (n.d.). Self-care toolkit for university students. Western Student Experience. <https://studentexperience.uwo.ca/docs/Self-Care%20Toolkit%20for%20University%20Students.pdf>