

# GUIDE TO SELF-CARE

How to Treat Yourself Well

## ENGAGE IN ACTIVITIES YOU ENJOY.



### MOVE

Do some kind of physical activity—dancing it out, running, biking, swimming, playing sports, working out, or walking around campus.

### WATCH AND LISTEN

Turn on the TV or grab your laptop and watch your favorite TV series or movie. Focus on comedies or uplifting material. Listen to your favorite music or music that energizes, inspires, or relaxes you.



## BE STILL. TAKE 10 MINS TO JUST BREATHE.

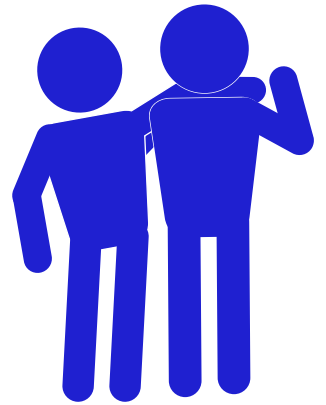
### FUEL YOUR BODY



Skipping meals robs you of energy. Junk food and caffeine provide temporary energy bursts. Focus on eating greens, lean protein, healthy fats and WATER to feel VIBRANT.

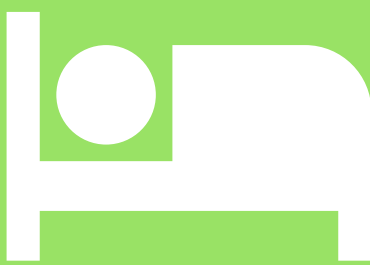
### SPEAK UP

Share about your stress with friends and family who are supportive. If you need something, ask for it.



## FOCUS ON WHAT IS GOING WELL.

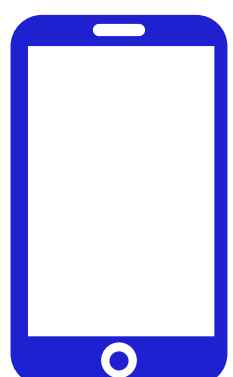
### GET SOME REST



Develop a regular sleep-wake cycle by going to bed about the same time every night. Try to get 6-8 hours of sleep every night. Avoid electronics that stimulate the brain before falling asleep.

### SELF-CARE APPS

- Stressbusters
- Headspace
- Calm
- Mindfulness coach
- Mindshift
- Daily Yoga
- T2 MoodTracker
- Virtual Hope Box



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