

Self-Care List

WLU Counselling Services

There are various ways that you can take care of yourself, most of which require little effort or time commitment. These are just SOME of the simple things that you can do for yourself. Add to this list or even create your own. Make it a priority to take care of you!

When you have a busy schedule, take time for yourself to help you feel more refreshed and focused:

- Don't ignore all your aches and pains. Do something nice for your body, like a massage or a warm shower or bath.
- Participate in activities that will get your body moving, like exercise, dance or sports.
- Take a 'mental health day' off from school when you need a break.
- Recognize when you need comfort and then seek comfort in a soothing beverage, a warm blanket, a nice smelling candle, or by spending time with a good friend.
- Transport yourself into another world. Take some time to get lost in a book or movie to help you temporarily escape. Daydreaming is another great way to feel like you've had a 'mini-vacation' from everyday life.
- Be playful or silly. Bring out the 'kid' in you by playing in the park, blowing bubbles, drawing with crayons or finger paint, or singing your favourite song aloud.
- Get some sun. A 15 minute 'sun-break' can help you gain your daily requirement for Vitamin D, as well as revitalize your energy levels.
- Crying and laughing are great ways to release emotions that you've been holding in.
- Engage in a hobby that you enjoy, such as art, crafts, carpentry, or mechanics.
- Take a spiritual retreat through meditation, mindfulness, prayer, or attending a religious service.
- Do something that you've wanted to do for a long time—don't put it off any longer!
- Journal your thoughts, or write a story or poem. Writing may provide a much needed release and an opportunity for reflection.
- Try to find elements of humour in your situation, as 'laughter is the best medicine'.
- Give yourself time to grow and achieve your goals. You may not be where you want to be yet, but celebrate the fact that you are moving in your preferred direction.
- Seek good supports, such as family, friends, romantic partner, or counsellor.

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