

## What is Self Care?



- ❖ Self Care is about being deliberate in taking time for yourself for the betterment of your mind, body and soul.
- ❖ Self care is not about being selfish. It is about replenishing and refreshing your spirit in different ways.

## Stress & Anxiety

### Tips to Reduce Your Stress:

1. Exercise daily - aerobics 30 minutes
2. Allow 20 minutes in your day for total relaxation. Meditate, day dream, nap.
3. Take a 10 minutes break every four hours in your work day or when studying.
4. Organize a work list. Check off list when work is done
5. Join a student club at CR. Make new friends.
6. Say no to overburdening tasks.
7. Avoid a high intake of fat, sugars and alcohol.
8. Socialize with friends one evening each week.
9. Communicate feelings effectively. Don't keep them stored inside.
10. Plan ahead. Have weekly, monthly, yearly projections and goals
11. Delegate responsibilities.
12. Laugh and express humor.
13. Don't clutter your mind with worry. Focus on positive thoughts.

## **How to Release Tension at the End of a Long and Tense Day**

1. Physical exercise.
2. Creative pursuits.
3. Explore interests, hobbies, study, become a volunteer.
4. Develop writing skills, write letters, journals, dreams and thoughts, goals and plans.
5. Learn relaxation techniques: Use tapes, breathing, or meditation.
6. Get recognition, and your needs fulfilled. Ask for a hug.