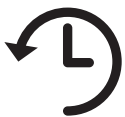


Self-Care Toolkit

Importance of Self-Care



Provides a break from stress



Can trigger a relaxation response which can prevent chronic stress; prevents burnout



Contributes to long-term feelings of wellbeing



Helps us become better caretakers by taking care of ourselves



Helps build resilience

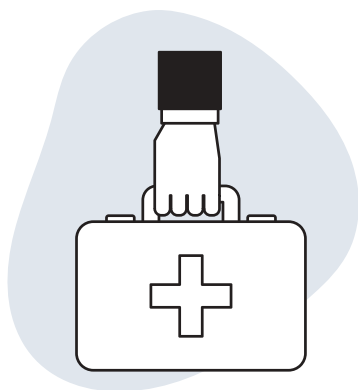
Understanding Self in Terms of Self-Care

Some questions to ask yourself:

What are my self-care needs:
Physically?
Emotionally? etc.

What are situations that typically cause stress for me?

What are my current coping strategies and how helpful are they?



Remember: You matter.



Take care of your emotional and mental well-being

University can be a stressful and anxious time for everyone. We're here to support you! To book a counselling appointment email us at: ssfrontdesk@ufv.ca

Self-Care Toolkit

Approaching Self-Care



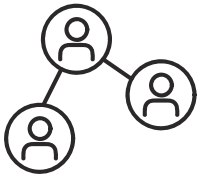
Physically

- Use your senses: sight, sound, touch, smell, taste
- Find a balanced diet; exercise
- Maintain a regular sleeping schedule



Emotionally

- Recognize and acknowledge your own emotions
- Recognize realm of control
- Use relaxation techniques; positive self-talk, meditate, etc.



Socially

- Recognize and establish connections: Academically, personally and professionally
- Check in regularly with family and friends
- Be aware of personal boundaries and limitations; reserve space for yourself



Spiritually

- Connect with nature
- Practice gratitude
- Find creative ways to express yourself



Financially

- Balance your finances
- Spend wisely
- Spoil yourself occasionally!

It may help to explore different activities to determine what the best self-care practices are for you. Remember that consistency is key! Self-care is not a once per month activity; it is something that should be practiced regularly and intentionally. Set short-term goals for yourself, and make self-care a daily routine!

Use the following chart to assimilate your self-care activities into one place and create your own self-care toolkit!

Your Self-Care Plan

Possible Stressful Situations				
Self-Care Strategies				
Physical	Social	Emotional	Spiritual	Financial
My Top Five Helpful Coping Strategies				
To Do	To Avoid			