

Why you should care about

Self-Care



What is self-care?

"LIGHTEN UP ON
YOURSELF. NO ONE
IS PERFECT. GENTLY
ACCEPT YOUR
HUMANNESS."
—DEBORAH DAY

Self-care refers to any intentional interactions you take to preserve your health, whether they be **physical, spiritual, emotional, or mental.**

<https://www.uky.edu/StudentAffairs/VIPCenter/downloads/self%20care%20defined.pdf>



Physical Ways to Relieve Stress

Take a walk



Stretch



Take a nap



Ride a bike



Swim



Practice yoga



Emotional/Spiritual/Physical Ways to Relieve Stress

Turn off your cell phone



Make yourself smile



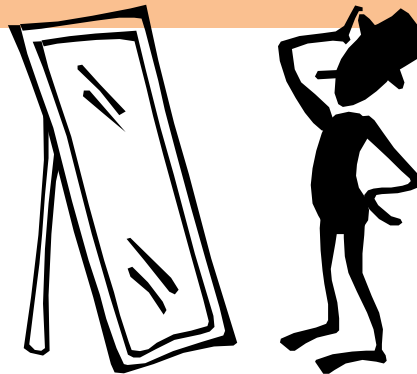
Reward yourself



Make a to-do list



Say an affirmation



Ask for help



Tips for vitality and serenity

Be realistic. Utilize your strengths and accept your weaknesses.

Appreciate what you have. Rather than what you don't have.

Talk about your feelings. And listen to the feelings of other people as well.

Sleep. Aim for 7-8 hours a night.

Eat healthy. Fill your plate with whole grains, vegetables, fruits, and lean protein.

Exercise regularly. Aim for at least 30 minutes a day.

Reduce guilt and regret. Be aware of what you can and cannot control, and move on.

Focus on the present. Rather than dwelling on the past or worrying about the future.

Be hopeful. A positive attitude increases the likelihood of a positive outcome.

Connect with your spiritual self. However you may define it.

Save some quiet time to yourself. Reflect on your thoughts.

Recognize when you need help. And don't be afraid to ask for it.

Laugh more. It's a fun way to reduce tension and stress!

Enjoy simple, everyday pleasures. It's an easy way to brighten your day.

Get Crafty!

How to make a self-care box

What is it? A self care box is a place where you can keep small items that will help you feel relaxed when you're feeling stressed or down.

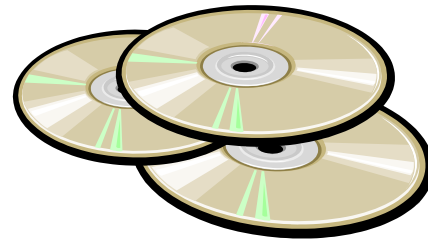


Start with a small box (i.e. shoe box, pencil case). Decorate it however you like!

Some ideas on what to include in your box...



Scented Lotion



CD of calming music



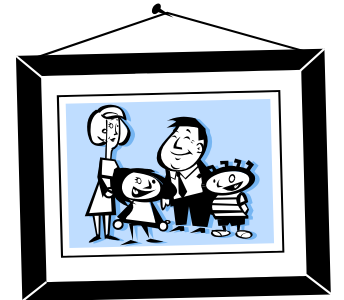
Herbal tea bags



Your favorite book



Coloring materials



Photos of loved ones

Interested in making your own self-care box?

Check out this DIY event at the Women's Center on campus on Thursday, May 8th from 12-1pm. All are welcome to attend.



For more information, contact mmiller6@umbc.edu

Finals stressing you out?

Wanna practice self-care?



Need some new strategies for stress relief?

Want to decompress?

DIY: Self-Care Boxes

Join the Women's Center on Thursday, May 8th from 12PM to 1PM and construct your own self-care box!

We will have boxes and art materials available to customize your own self-care box, as well as goodies to fill it with. Please feel free to bring other items that help to calm you down when things get hectic.

Suggestions: photographs, music, candy, candles, essential oils, drawing supplies, mini stuffed animals, stickers, stress balls, prayer beads, playing cards



STRESSED
— IS —
Desserts
— SPELLED —
BACKWARDS

