Potential Self-Care Strategies

Check each strategy you're interested in adding to your routine

Live Well

___Go to a HuskyLead event
___Take a study skills course
___Attend Career Fair
___Attend every Tech Tradition
___Look into study abroad opportunities
___Attend a Husky Hour or other workshop
___Attend the Social Justice Lecture Series
___Do community services with your house
___Join the ExSEL program

___Attend check-ins and talk about your life with your RA
___Check out a club you find on Involvement Link
___Set up a meeting with a career advisor
___Try career cruising on the Career Services website
___Schedule a mock interview or get your resume reviewed
___Find a mentor and discuss your life goals
___Sign up for a success coach through the Wahtera Center
___Meet with your academic advisor regularly
___Take on a leadership role in a student org

Play Well

___Try the Challenge Course
___Work out with arm weights
___Try LARPing or Dagorhir
___Go hiking at the Tech Trails
___Use the stairs instead of the elevator
___Walk or bike downtown instead of driving
___Play Broomball with your house
___Eat the colors of the rainbow
___Drink 64 oz of water each day
___Join an intramural team

___Play Pokemon Go or another active app
___Play Wii Sports or another active game
___Go swimming at Prince's Point or the SDC
___Try a new healthy food twice per month
___Limit your sugar and fat intake when you're stressed
___Rent equipment from the Outdoor Adventure Program
___Get up to stretch when studying for long periods of time
___Wash your hands frequently and for at least 20 seconds
___Keep track of any symptoms you're experiencing
___Wear a mask and socially distance

Connect Well

___Host a game night
___Have dinner with your RA
___Plan an event with your house
___Visit a professor's office hours
___Engage with an online community
___Have a cookout in the Wads garden
___Go to community hangouts and meetings
___Complete some Husky Bucket List items
___Call or video message a friend from home

___Introduce yourself to someone new every week
___Text a friend you haven't talked to in a while
___Schedule a weekly date with a friend or partner
___Ask someone in your class to go to a FilmBoard movie
___Take your roommate to Late Night programming
___Sit in the student section at a Husky sporting event
___Play video games on a network with other people
___Visit Breakers or McLain State Park with friends
___Invite friends to watch your favorite movie or TV show

Recharge Well

___Go outside for sunlight
___Sleep 7*9 hours every night
___Avoid caffeine after lunch
___Limit nighttime snacking
___Try a blue light filter
___Reduce fluid intake before bed
___Keep a sleep diary
___Track your stress levels
___Meditate
___Communicate your needs
___Download a mindfulness app
___Enjoy the sunset once a week
___Do something you enjoy 3x a week
___Set goals and revisit them regularly
___Spend time in nature

___Pray or engage in a spiritual practice
___Write down your thoughts at the end of the day
___Sleep at the same time every night
___Use a fan or white noise machine
___Sleep when tired, but don't nap more than 30 min.
___Turn off technology 30 min. before bed
___Use your bed for sleeping, not studying or watching TV
___Turn on the Do Not Disturb function on your phone
___Read for 30min. before bed and turn off your screens
___Spend time disconnecting from stressors
___Reward yourself when you reach an academic goal
When you're feeling stressed, try:
___Progressive muscle relaxation
___Square breathing
___Asking an RA for help