In times of growing uncertainty and change, self-care is essential to handling what life throws at you. Self-care is any intentional activity that helps you in the process of emotional, physical, social, or spiritual growth.

The Counseling and Testing Center asked students what they do to take care of themselves when things are challenging, and here’s what we came up with.

<table>
<thead>
<tr>
<th>Listening to music to distract or process emotions</th>
<th>Going on a drive</th>
<th>Talk to a friend or partner</th>
<th>Watching a favorite movie</th>
<th>Watching funny or amusing videos</th>
<th>Listen to podcasts while doing tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking in nature</td>
<td>Playing with pets/animals</td>
<td>Spending time with family</td>
<td>Eat or bake comfort food</td>
<td>Coloring or drawing</td>
<td>Read a book</td>
</tr>
<tr>
<td>Donate time or money to valued causes</td>
<td>Engage with your religion/spirituality</td>
<td>Journaling or writing your story</td>
<td>Playing video games</td>
<td>Playing board/card games with others</td>
<td>Get organized with a to-do list</td>
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<tr>
<td>Take a quick nap or shower to reset</td>
<td>Take a bath</td>
<td>Meditate or deep breathing</td>
<td>Get a massage</td>
<td>Treat yourself to gifts (in moderation)</td>
<td>Take a break</td>
</tr>
<tr>
<td>Do a little cleaning to feel organized</td>
<td>Put on some background noise</td>
<td>Ground yourself in your 5 senses</td>
<td>Use a weighted blanket</td>
<td>Squeeze a stressball or squish toy</td>
<td>Keep a night-time routine</td>
</tr>
<tr>
<td>Show yourself self-compassion</td>
<td>Put on your favorite outfit</td>
<td>Go through old pictures</td>
<td>Tend to a garden</td>
<td>Have a good cry or scream</td>
<td>Fill in your own!</td>
</tr>
</tbody>
</table>

A first step to cultivating greater self-care is to develop a daily routine and set boundaries to protect them: Pick a few things from the list you enjoy and pencil them into your schedule throughout the
It can be useful to think about how you are coping in different areas to figure out where you might need some extra help:

- **Emotion regulation:**
  - Do you feel sad or anxious frequently? How well do you handle these experiences?
  - Do you make time to relax? To have fun?

- **Body basics:**
  - Are you eating 3 meals a day? Are you eating enough nutritious food, like fruits and vegetables, foods high in protein and fiber, and foods/beverages low in sugar?
  - Are you getting 7-8 hours of sleep each night? Do you have a good night-time routine? Do you have enough energy throughout the day?
  - Do you engage in some form of exercise for at least 30 minutes day?

- **Community-building:**
  - Do you have healthy relationships with friends and family members?
  - Are you a member of a student or community group?
  - Do you feel supported and connected to others?

- **Meaning-making:**
  - Do you regularly engage in hobbies and activities you are passionate about?
  - Do you feel excited and confident about your plans for your future?
  - Are you active in your values, spirituality, and/or religion?

The Counseling & Testing Center is open, and we are here to help! Call us at (330) 972-7082 to schedule an intake for telepsychology services. FREE and CONFIDENTIAL for all students.