



Self-Care Ideas

 <p>Listen to your favorite song or read a book.</p>	 <p>Write or draw.</p>
 <p>Look up funny memes.</p>	 <p>Compliment someone and watch their face light up.</p>
 <p>Have a good cry, but keep it short, and use the expensive tissues.</p>	 <p>Forgive yourself for what you couldn't do today, and resolve to try again tomorrow.</p>

Self-Care Quick-Start Tips

1. Take a deep breath
2. Start with 10 minutes
3. Create a ritual
4. Have an easy go-to option
5. Speak up—express the need
6. Schedule time every day or at least twice per week
7. Ask for help from people you trust
8. Make it fun!

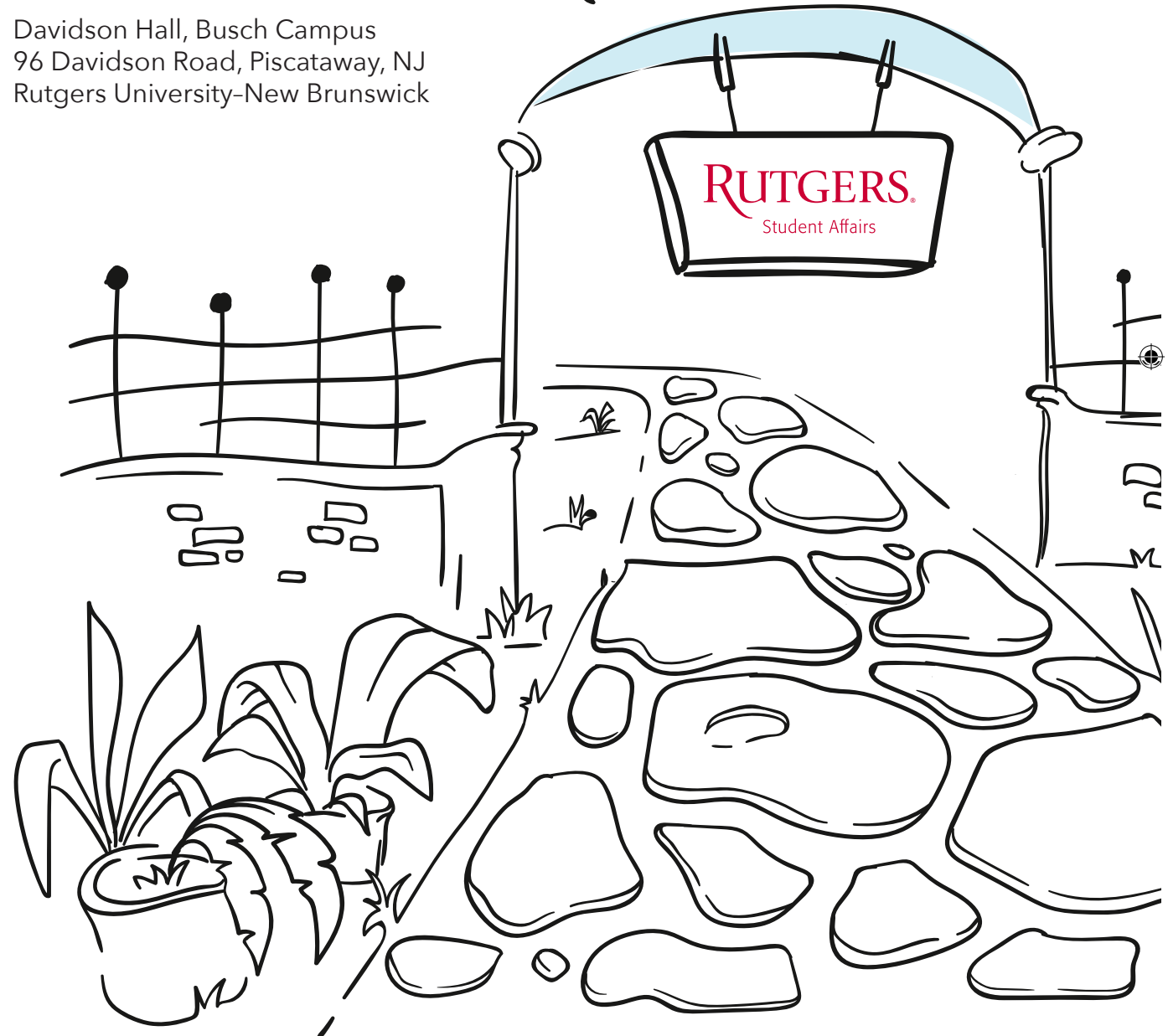
Contact Us

Residential Care Team
 rlstudentsupport@echo.rutgers.edu
 ruoncampus.rutgers.edu/support
 848-932-4371

Davidson Hall, Busch Campus
 96 Davidson Road, Piscataway, NJ
 Rutgers University–New Brunswick

**COLOR YOUR WAY
 TO SELF CARE**

RESIDENCE LIFE



What is self-care?

Self-care can look different for everyone. It is up to you to examine what self-care approaches work best for your needs. Self-care activities are the things that **re-energize** you, that center you, that make you feel calm, cool and collected.

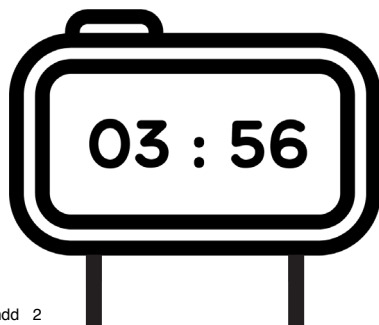
Examples

- ✦ **Meditation** and/or breathing exercises
- ✦ **Physical activity** that you enjoy
- ✦ Getting **creative**
- ✦ Spending time with **friends** and **family**

Making the time...

Create a self-care ritual by setting aside time each day to focus on you. Start with just **10 minutes** and build from there! Work self-care moments into your day, for example, deep breathing while walking between classes or coloring a mandala during a break from studying.

Remember, if it is important you will make time, if it is not, you will make excuses.



Why is self-care so important?

- ✦ Without self-care you are at a higher risk of **burnout**.
- ✦ Self-care can help you **maintain healthy energy levels**.
- ✦ Self-care helps you **bounce back** from handling a crisis more quickly, and makes you better able to cope with difficult situations.
- ✦ You cannot **effectively take care of others** if you do not take care of yourself first!



*You can't pour from an empty cup.
Take care of yourself!*

It's time to up your self-care intake when you feel the onset of symptoms of burn-out. Remember, with enough self-care and awareness, you can avoid burn-out completely!



Check out the list of warning signs below...

How do I know when I need more self-care?

- ✦ When, despite getting 7-8 hours of sleep, you are **still tired or fatigued**
- ✦ When you find yourself getting **stressed over small things**
- ✦ When you've experienced a **crisis** or are having a **bad day**
- ✦ When you are feeling "off" or "**moody**"
- ✦ When you've taken on **extra** responsibilities
- ✦ When you are preparing for a **big exam/job interview/etc**

Things to avoid

- ✦ Alcohol and Drugs
- ✦ Activities that do not contribute to your mental health (for example, scrolling through Facebook for hours on end)