

College can be really exciting, but it can also be stressful. Practicing self-care can help you manage the ups and downs of college life. Self-care refers to activities and practices that can help you reduce your stress and enhance your overall well-being.

How to Practice Self-Care



Do something you love: Carve out time for your passions and hobbies, whether that's hiking, crafting, dancing, reading for fun, etc. Hobbies can provide you an outlet for managing stress and can increase happiness levels.



Practice self-compassion: self-compassion is treating yourself like you would treat your best friend. Talk to yourself the way you would talk to someone you care about; replace self-critical thoughts with compassionate thoughts.



Practice mindfulness: Being in the present moment can help to reduce stress. Practice mindfulness by noticing your five senses; what do you see, hear, taste, feel, and smell right now?



Unplug from social media: Sometimes the best way to recharge is to take a break from technology. Research shows that excessive media usage can negatively impact well-being including sleep, attention, learning, and weight loss or gain.



Spend time in nature: research shows that spending time in nature can have remarkable benefits to human health.



Sleep: sleep is essential to overall health and is closely linked to academic success. Receiving an average of 8 hours of quality sleep per night is an important part of overall health and academic success.



Eating: the foods we eat are directly linked with emotional, physical, and cognitive health. Eating a balanced diet gives your brain and your body the vitamins and minerals needed to stay well.



Hanging out with family and friends: Research shows that spending time with loved ones is the number one determinant of happiness. Take time to connect with a friend or family member.



Practice Gratitude: start by writing down 3 things you're grateful for everyday. Remembering to find things, experiences and people in your life that you're grateful can have powerful effects on your mood.

Facts & Statistics

41%

of teens feel overwhelmed every day by the quantity of notifications they receive on their phone. (Screen Education, 2018)



When teens spend more time on smartphones and less time on in-person social interactions, loneliness is more common. (iGen, 2017)



over half of insomnia cases are related to anxiety, depression, or other psychological stress. (Nami 2017)



All non-screen activities are linked to more happiness, All screen activities are linked to less happiness. (iGen, 2017)

60%

of teens' friends, in their estimation, are addicted to their phone. (Screen Education, 2018)



Participants who kept a gratitude journal daily for two weeks experienced more gratitude, positive moods, optimism about the future, and better sleep. (Journal of Personality and Social Psychology, 2003)

Mindfulness Apps

Headspace: Subscription with 10 day trial
Buddify: \$4.99 (Mindfulness & Meditation)
Calm: Free (Easy-to-use interact)
Mindful Life Project: Free (Various Options)
Insight Timer: Free (Various Options)
Stop, Breath, & Think: Free (Various Options)
Aura: Free (Various Options)

Self Care Websites

Greater Good in Action: practices for anyone that wants to improve his/her social and emotional well-being. <https://ggia.berkeley.edu/>
Health.com: <https://www.health.com/mind-body/best-self-care-apps>
Tiny Buddha: Multiple blogs with self-care tips - <https://tinybuddha.com/>

Self Care Ted Talks

Guy Winch, Psychologist – Why We All Need to Practice Emotional First Aide
David Steindl-Rast, Benedictine Monk – Want to be Happy? Be Grateful
Andy Puddicombe, Mindfulness Expert – All it Takes is 10 Mindful Minutes
Kristin Neff, Ph.D, Human Development – The Space Between Self-Esteem and Self Compassion
Kelly McGonigal, Health Psychologist – How to Make Stress Your Friend
Brene Brown, Vulnerability Researcher – The Power of Vulnerability