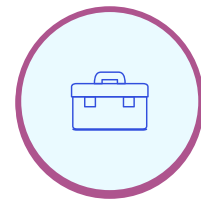




THE TOOLKIT

A collection of resources designed to provide practical tools for women and non-binary undergraduate students.

Effective Self Care



A piece of success often overlooked these days is the importance of putting ourselves first every now and then. Self care is imperative to preventing burnout and to keep us functioning at our peak performance levels. Consistently maintaining our physical, mental, and emotional wellbeing is just as important as hitting deadlines and accomplishing tasks. In this issue of The Toolkit, you'll find four basic aspects to self care to get you started on a lifelong journey of self love and wellness.

"I HAD A HARD TIME FINDING ALONE TIME ESPECIALLY LIVING WITH PEOPLE BUT I FOUND THAT I JUST NEEDED TO STICK TO MY SCHEDULE AS BEST I COULD. SO FOR SELF CARE I WOULD MAKE SURE I CARVED OUT TIME FOR MYSELF AT THE END OF EVERY DAY TO BE ALONE AND UNWIND. AND I ALSO FOUND THAT JUST BEING HONEST WITH MY FRIENDS ABOUT WHERE I WAS AT MENTALLY WAS HELPFUL."

- PSYCHOLOGY AND ANTHROPOLOGY MAJOR

Tips & Tools

1

Find your joy. Self care does not always need to be a lengthy process -- in fact, effective self care is often activities you can do every day in a matter of minutes. Start by thinking of what activities you do every day that bring you joy. Do you love to cook? Do you enjoy warm showers and a killer skin care routine? Or perhaps you connect well with a certain music genre? Whatever it may be for you, make a purpose of finding your joy on days filled with challenges and days that you're feeling great too. Consistency does wonders in the long run.

3

Speak up and reach out. We all need a little extra support now and then. Letting someone know what's going on in your world can help you feel supported and validated. If you notice yourself beginning to isolate in the name of getting stuff done, try giving your family a call or going for a walk with a friend. Speaking with a mental health professional regularly can also be an excellent addition to anyone's self care routine regardless of whether or not you're facing significant challenges in your life at the time.

2

Distract and disconnect. Sometimes the best way to cope with our current situation is to distract ourselves from how we're feeling. Take time to disconnect from social media and engage in activities that change the radio station in your mind. Some great examples of distraction techniques are listening to your favorite podcast, watching funny videos, hitting the gym for a good workout, and doing acts of kindness for someone else.

4

Live in the now. Even on the busiest of days, there is always time to practice being mindful. Sometimes that may mean doing a guided meditation or taking a yoga class. Mindfulness, though, can be done at any point in your day and can take only a few minutes. Right now, look around the room and name every color you see, count the number of chairs, doors, and windows in the room, notice how many different smells or sounds there are around you. Mindfulness can be that simple!

Tips inspired by - "[Self-care](#)" | Active Minds

Further Reading

"[25 Ways You Can Practice Self-Care Every Single Day](#)" | Women's Health
 "[How to Create A Daily Self-Care Routine You'll Actually Stick To](#)" | Life Goals Co.
 "[Getting Started With Mindfulness](#)" | Mindful

A note from the author

It can be hard to learn to prioritize ourselves and not feel selfish for doing it -- but it's not always a bad thing to be a little selfish. I've learned that making time for self care is essential for getting my tasks done and to still feel like I have a fulfilling life outside of work. My regular self care routine includes going to the gym, singing along to Taylor Swift in the car, and a cup of herbal tea before bed. What'll yours be? -- Hallie Stone, M.Ed.