



WHAT IS IT?



WHY DO I
NEED IT?



HOW DO I
DO IT?

Self Care

An Example



Donna
and Tom
are
RIGHT!

When you
“Treat yo self”
you are taking
time for you!

Think
about
this...

“It takes courage to rest and play in a culture where exhaustion is seen as a status symbol.”

~Brene Brown

What does that quote mean to you?

What is self care?



Click to Play

Why do you need
a self-care plan?

1



Click to Play



Why is this important?

2



Click to Play



Click to Play



3

Review:

A custom-made self care plan is a
PREVENTATIVE MEASURE



A self care plan **REMINDS YOU** of what you
should do in a moment of stress and crisis



A self care plan **KEEPS YOU ON TRACK** and reduces
the risk of losing sight of your goals in favor of
unhealthy habits and behaviors



How do you
create a self-
care plan?

STEP 1:



GO TO YOUR TUTORIAL
SCHOOLOGY PAGE



DOWNLOAD SELF CARE
TEMPLATE

The Basics



Click to Play

A screenshot of a PDF editor interface, likely Adobe Acrobat, overlaid with a video player. The video player shows a man in a blue shirt and glasses speaking. The PDF editor interface includes a toolbar at the top with icons for navigation and editing. The main content area is divided into sections: 'Social' at the top, followed by two columns of blue horizontal lines representing text, and 'Physical' at the bottom, also with blue horizontal lines. On the right side, there is a sidebar with a list of actions: 'Create PDF', 'Combine Files', 'Edit PDF', 'Export PDF', 'Organize Pages', 'Send for Comments', 'Comment', 'Fill & Sign', 'Scan to PDF', 'Protect', and 'More Tools'. A small video window in the top right corner shows the man speaking.



Complete your self-care plan with as many ideas as you would like



Remember: these are things that you can include in your day to day life to help maintain your emotional well-being

Step 2:

Some Self-Care “Hacks”

Having a hard time producing some ideas to add to your plan?

Use this handy graphic to develop the plan that is right for you!

Happiness Chemicals and how to hack them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Step 3:



Save your self care plan to your laptop.



TIP: Save it to your desktop so you can easily find it again



A self care plan can be essential in these strange days



Your student support team is always here for you **INCLUDING DURING DISTANCE LEARNING**



Remember to check the counseling website for additional social/emotional support resources

Final Words