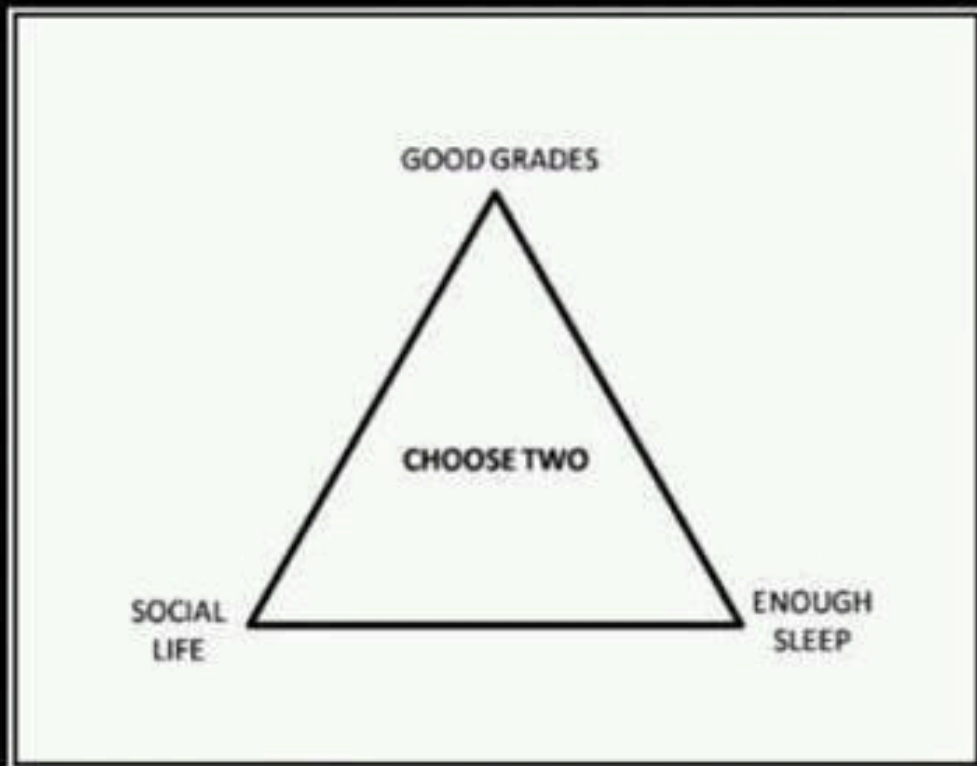




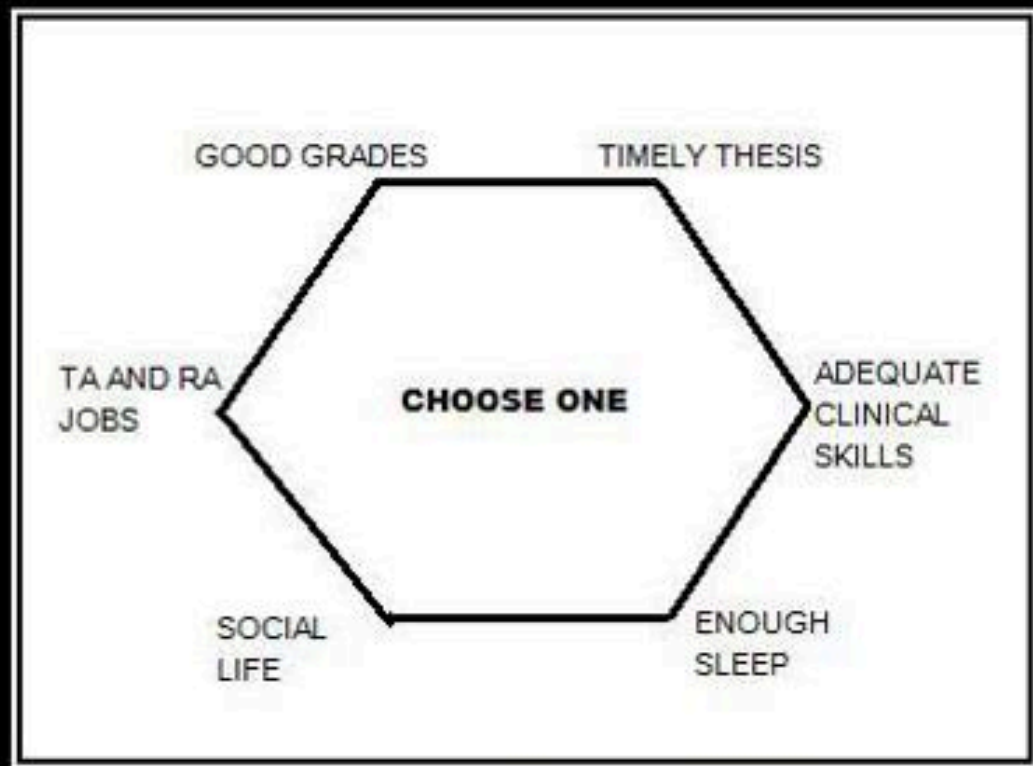
“Self-care is not about self-indulgence, its about self-preservation.”

— Audrey Lorde



COLLEGE

You only can choose two



GRAD SCHOOL

Pick one and expect to fail at it

What is Self-Care?

- Finding ways to nurture your body, mind, and soul that are *authentic to who you are* and that *honor your current needs*.



Components of Self-Care

- Care for your physical health (Nourishment, movement, rest)
- Recognize and honor your emotional and spiritual needs (Meditation, setting boundaries)
- Find balance in your work, school, and personal life (saying no, saying yes!)
- Discover healthy outlets to reduce stress (gratitude journal, play)
- Find connection (volunteer, connect with people important to you)

The guilt of prioritizing ourselves....

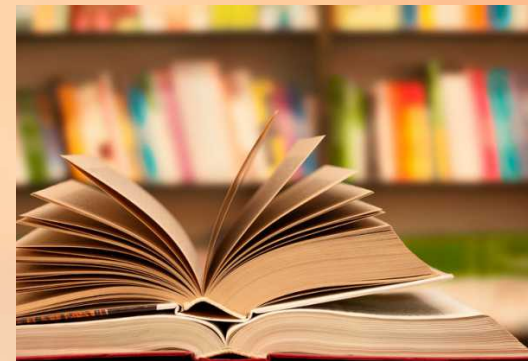
- Minimize our own needs to:
 - Accomplish more
 - Save energy for 'more important things'
 - Help others

- Minimizing the guilt instead:
 - Allow yourself
 - Tell someone
 - Do it – again and again



Self-Care as a Lifestyle

- Self-care = self-respect



Self-Care Strengths

- What is going well right now?
- What do you like about what you are doing?
- How do you feel when you are taking care of yourself?

Self-Care Vision

- Picture yourself happy, relaxed, and rejuvenated. Describe your vision in detail.
- How can you fuse pieces of this day into everyday life?
- How would your life change?
- What challenges will you face?

Self-Care Plan

- What will your self-care strategy be?
- What elements are important to you?
- How can you commit to self-care?
- How will you know if it's working?

Resources

- Office of Health Advancement - Montana.edu/oha 994-4380
- Counseling and Psychological Services – Montana.edu/cps 994-4531
- Office of Student Success - Montana.edu/aycss 994-7627
- Office of Student Engagement – Montana.edu/engagement 994-2933