Well-being and Self-care

MCC Wellness Wednesday
May 18, 2022
Reflection

What is your definition of well-being?

Describe your overall well-being in 6 words or less.
Wellness is defined as an active process of becoming aware of and making choices towards a healthy and fulfilling life.
Where do I start?

### Wellness Assessment

Instructions: Respond to the following statements with *the past week* in mind.

<table>
<thead>
<tr>
<th>Statement</th>
<th>1 Never</th>
<th>2 Rarely</th>
<th>3 Sometimes</th>
<th>4 Often</th>
<th>5 Always</th>
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</thead>
<tbody>
<tr>
<td>1. I've felt happy</td>
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<td>2. I've been able to cope well with the problems that brought me to therapy</td>
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<td>3. I've felt good about myself</td>
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<td>4. I've felt relaxed</td>
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<td>5. I've been sleeping well</td>
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<td>6. I've been satisfied with my relationships</td>
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<td>7. I've had healthy habits (e.g. diet, exercise, hygiene)</td>
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<td>8. I've been able to focus</td>
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<td>9. I've made good decisions</td>
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<td>10. I've been able to fulfill my obligations (e.g. work, school)</td>
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What is Self Care? And Why is it important?

• The act of taking care of your mental, physical, and emotional well-being
  • Can help reduce stress and enhance your quality of life
  • Research shows that, in addition to keeping you healthy, self-care can also improve your overall well-being
  • Helps you manage the daily stresses in your life—the academic pressures, tricky interpersonal relationships, and uncertain future
How to practice self care

- Drinking water & eating well
- Getting enough GOOD sleep
- Being active
- Planning ahead and creating a routine
- Asking for help
Getting Enough and Better Sleep

Getting the right amount of sleep is very important for both physical and mental health.

Make sure you prioritize time for 8 hours of sleep.

Put away tech devices at least 30 minutes prior to your bedtime to ensure better sleep.
Exercising & Staying Active

- Workout on a regular basis is recommended for physical health.
- Exercise produces mood-stabilizing endorphins.
- Going on short daily walks can help your overall mood, plus fresh air!
- How do you like to stay active?
Create a Routine

- Sit down and create a schedule and to make sure you schedule in breaks and personal time to recharge
- Make sure you take time to evaluate how you are incorporating self-care into your life
- What might you include? Let’s try right now....
DON'T FORGET TO

FOCUS ON THE GOOD
(IT'S THERE)

LIKE READING OR DRAWING
OR PLAYING OR DREAMING...

DO SOMETHING YOU LOVE

GO OUTSIDE

LOVE WHO YOU ARE NOW
(THE PAST IS OVER,
LET IT GOOOO.)

KEEP BEING BRAVE

IT MIGHT FEEL HARD SOMETIMES, BUT
THE NIGHT WILL END + THE CLOUDS WILL PART.

EVERY DAY

TODAY 23
Practice Gratitude – Every Single Day
Your professors and other support personnel are there to help you.

If you are struggling in a class don’t let it get you down; reach out before it becomes too stressful.

Can you think of other people you might reach out to?
SELF CARE IDEAS

5 MINUTES
- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Text someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES
- Have a shower
- Put on a face mask
- Go for a walk
- Make a smoothie
- Stretch
- Have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- Journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE
- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- Unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies

IDEAS FOR PRACTICING SELF-CARE

PHYSICAL
- Go for a walk
- Dance
- Hike
- Swim
- Get a hug
- Play with a dog
- Clean & reorganize your room
- Take a bath

MENTAL
- Read a book
- Learn a new skill like photography or drawing
- Do a DIY project
- Color
- Turn your phone off

EMOTIONAL
- Meditate
- Practice Yoga
- Light a candle
- Talk with a friend
- Go on a date
- Journal
- Write down a list of things you’re grateful for

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HOW TO HAVE A
SELF-CARE Weekend

1. Explore parts of your city or town you have never seen before but always wanted to.

2. Browse your favorite stores for deals and treat yourself to something new: clothing, shoes, books etc.

3. Get a haircut or splurge on something else. Don’t forget to ask if they have student discounts!

4. Stop at a cafe, a bakery, or ice cream store and indulge yourself. Bring a book with you or just relax.

5. Volunteer - whether it’s at school, an animal shelter, or for a local organization in your neighborhood.

6. Start a new hobby: learn to play guitar, start sketching things around your area, or write poetry!
MENTAL WELLNESS
DAY ONE
What's one thing you can change in your day that will improve your mental health?

MENTAL WELLNESS
DAY SIX
Work on coping skills you've neglected or that have grown rusty.

MENTAL WELLNESS
DAY TEN
How have your mental health struggles made you a stronger person?
College Resources

• Faculty
• Academic Advisors
• Advocacy Counselors
• Academic Coaches
• Learning and Tutoring Centers
• www.mccneb.edu/gethelp
• www.mccneb.edu/bekindtoyourmind
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<th>Self-Care Apps</th>
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<td>Headspace or Calm</td>
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<td>Sleep Cycle</td>
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<tr>
<td>CBT-I / Moodfit</td>
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<tr>
<td>Stop, Breath, Think</td>
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<tr>
<td>What are your favorites?</td>
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Questions?