

Self-Care for Students

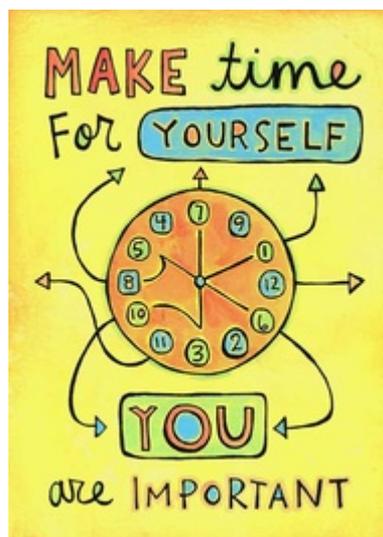
As reading week approaches, and our to-do lists get longer, this blog is a reminder to take care of yourselves. Self-care is important to prevent any problems getting worse, and for your productivity.

Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.

Source: Google

Tips to take care this reading week:

- Remember that there are people that you can talk to- friends, AAs, teachers, academics, university counsellors. Help and support is always here, never feel ashamed or worried to ask for it.
- Don't put too much pressure on yourself; when you are setting yourself tasks to do, make sure that what you are doing is doable. If you set yourself unattainable targets, you are setting yourself up to be disappointed.
- Take at least one day off- to just do nothing! Have a guilt free day of relaxing- catch up with a friend, family, binge-watch a Netflix series. Make sure you take some time out to not to do work: this helps you to digest things, and ensures that your mind is not focused on work for 24 hours a day.
- Set yourself a break each day: whether it is half an hour, or one hour. Go for a coffee or sit in the common room and catch up with friends.



Source: Google

- Exercise and eat healthily. Not only does exercise provide a distraction, but taking care of your physical health is vital for reducing fatigue and burn-outs.
- Watch comedy. Psychological studies have shown that comedies put people in a good mood. (Remember there is a lot of sociology in comedy!)
- Read a motivational quote every day- this will remind you that what you are doing is all towards an end goal. Sometimes when the workload gets high, it can be easy to forget what this is all for.

