Keep Learning | **Self-Care**

Self-care is not selfish, it’s a necessity. Here are some ways to take care of yourself in order to support well-being and optimal learning.

**Be kind to your mind and body**

* Learn a relaxation or breathing technique
* Turn off your cell phone or social media feeds for an hour or two
* Take a power nap to help you feel refreshed
* Stretch or practice a yoga pose or two
* Exercise, even if just for 10-15 minutes
* Get outside and notice nature while observing physical distancing guidelines
* Manage your posture in order to relieve tension and ensure proper breathing
* Stay hydrated to avoid headaches, dizziness and fatigue
* Get adequate sleep-aim for 7-9 hours
* Limit caffeine use because it can dehydrate you and make you feel more anxious
* Make sure you eat as best you can! Aim to balance healthy carbs, lean proteins, healthy fats and fruits and vegetables when available to you.
* Take a moment to look at something that inspires you

**Your feelings matter**

* Give yourself permission to feel all the feels. It is normal to feel sad at times, or nervous, or mad or meh. However you feel, tune in.
* Acknowledge how you are feeling by naming it, writing it down, or telling someone else.
* If you recognize that a feeling has become more persistent, check in with a medical or mental health provider.

**It’s ok to say no sometimes**

* Set boundaries with your time. You don't have to do it all!
* Identify your needs for your physical and personal space too.
* If it doesn't make you happy, say no.

**Take a break when you need to**

* Allow space for disconnection, reflection or doing something you enjoy.
* Try spending 10 minutes alone each day doing anything but schoolwork.
* Watch a show, listen to music, hang out with friends on Zoom or Facetime.

**Practice gratitude**

* Send someone a thank you note or text.
* Write down 3 things you are thankful for.
* Reflect on one thing that made you pause or feel good this week.

**RESOURCES TO SUPPORT WELLBEING AND SELF-CARE**

Greater Good in Action <https://ggia.berkeley.edu>

CALM <https://bit.ly/395xDIi>

Yoga with Adrienne on YouTube <https://www.youtube.com/user/yogawithadriene>

Bentley Health <https://www.bentley.edu/university-life/student-health/student-health-resources>