

Self-Care Checklist

College can be stressful. With all of the current changes, it's easy to forget about daily self-care things we can do to stay healthy. Check out the tips below for simple ways to stay well.

- **Keep as structured a routine as possible.**
 - Try to participate in your normal activities and keep with as regular a schedule and routine as you can (even when you don't feel like it).
- **Make sleep a priority.**
 - Most college students don't get enough sleep and sleep deprivation is a major contributor to symptoms of depression and anxiety. Everything seems worse when you are tired. Going to bed and getting up at a similar time each day is ideal.
- **Eat regularly throughout the day and try not to skip meals.**
 - Find a balance between snacks you enjoy and foods you need to stay healthy.
- **Be physically active.**
 - Getting some joyful movement in each day is good for your brain and your body.
- **Reduce or eliminate caffeine and nicotine.**
 - This may include caffeinated coffee, soda, and tea, as well as energy drinks and excessive amounts of chocolate. Caffeine and nicotine are stimulants and may exacerbate symptoms of anxiety.
- **Turn to your friends and family for support.**
- **Write.**
 - Keeping a journal allows you to express your thoughts and feelings.
- **Take time to listen to music, read a book for pleasure, improve your living space, or be creative- even for 20-30 minutes at a time.**
- **Take time to pray, read your Bible, keep a prayer journal, or worship.**
- **Practice relaxation techniques.**
 - Sit or lie down comfortably in a quiet space. Close your eyes and take a deep breath in, counting slowly to 5 while you breathe. Then exhale slowly, counting from 5 to 1 while you breathe out. Repeat ten times. You can do this anywhere to relax your mind and body.

