

A Guide to **SELF-CARE**



Caring for yourself =

Better and healthier relationships with
yourself and others



**Norse
Violence Prevention**
Student Affairs



What is Self-Care?

Self-care is the practice of protecting your well-being and happiness during times of stress or just in your everyday routine. It is important to find your own form of self-care for your physical, emotional and mental health as well as in your relationships with others. The ultimate goal of self-care is to protect and promote your worth!

Self-Care Suggestions

Physical:

A great way to care for your physical well-being is to exercise. Exercising has been proven to improve emotional processing, improve your mood, focus and productivity while also reducing pain through the release of endorphins.

MatthewsReviewed, K., & Logan, J. (2020, April 10). Positive Effects of Exercise on the Brain. Retrieved from <https://www.news-medical.net/health/Positive-Effects-of-Exercise-on-the-Brain.aspx>

SUGGESTIONS TO GET YOU STARTED:

- Practice breathing exercises
- Find a workout routine
- Go for walks outdoors
- Rest and sleep in. Give your body a break
- Develop a consistent sleep routine
- Change your diet





Emotional:

Why is emotional self-care so important? Caring for yourself emotionally could potentially have a big impact on your health and well-being. So, what are some ways you can exercise emotional self-care?

- Allow yourself to feel. Suppressing your emotions can potentially cause more harm than good.
- Scream, cry, be angry, anxious or sad; allow an outlet for your feelings. The best thing you can do to care for yourself is to release emotions and thoughts that are not helping but are hurting you. If the feeling does not contribute to your well-being, release it.
- Talk to friends, journal or spend time with yourself if that is what you need.
- Unplug from social media to give your mind a break.



Relationships with others:

The relationship you have with yourself is the most important one, so care for it properly. The relationships we have with others can have a huge impact on how we treat and care for ourselves, as well as other people. Here are some suggestions for how to work on your relationship with yourself by changing your relationships with others:

- Practice saying "No." You don't need to exert your energy and time for things or people if you do not feel like it. Saying no can be stress relieving.
- Set boundaries with people. Setting boundaries does not equate to being aggressive. Maintaining boundaries between you and others in your life promotes respect and helps others know there needs to be consent when it comes to approaching those boundaries. People should always ask before attempting to open up a boundary with you.
- Don't be afraid to ask for what you want or what you need. If you need help and support, reach out to those you know you can trust.
- Learn how to approach conflict in a way that is healthy for you.
- Take your time and know that it is okay to move at your own speed.
- Be selfish! It is perfectly okay to think about yourself and only yourself. Sometimes we focus too much on others and what we think they want or need and neglect ourselves in the process. You are important, so be selfish!

Personal Self-Care Assessment

Use the section to assess what self-care encompasses for you.

How do you currently practice self-care? If you do not practice self-care and want to, what are some ways you can start practicing?

What area of self-care would you like to focus on the most?

What are three goals you have for self-care, and how will you achieve those goals?

Support

NORSE VIOLENCE PREVENTION CENTER

Albright Health Center 246
(859) 572-5865 // nvp@nku.edu

OFFICE HOURS: Monday-Friday, 8:15 a.m.-4:30 p.m.

HEALTH COUNSELING AND STUDENT WELLNESS

University Center 440
(859) 572-5650

OFFICE HOURS: Monday 8:15 a.m.-6 p.m.

Tuesday-Friday, 8:15 a.m.-4:30 p.m.

