

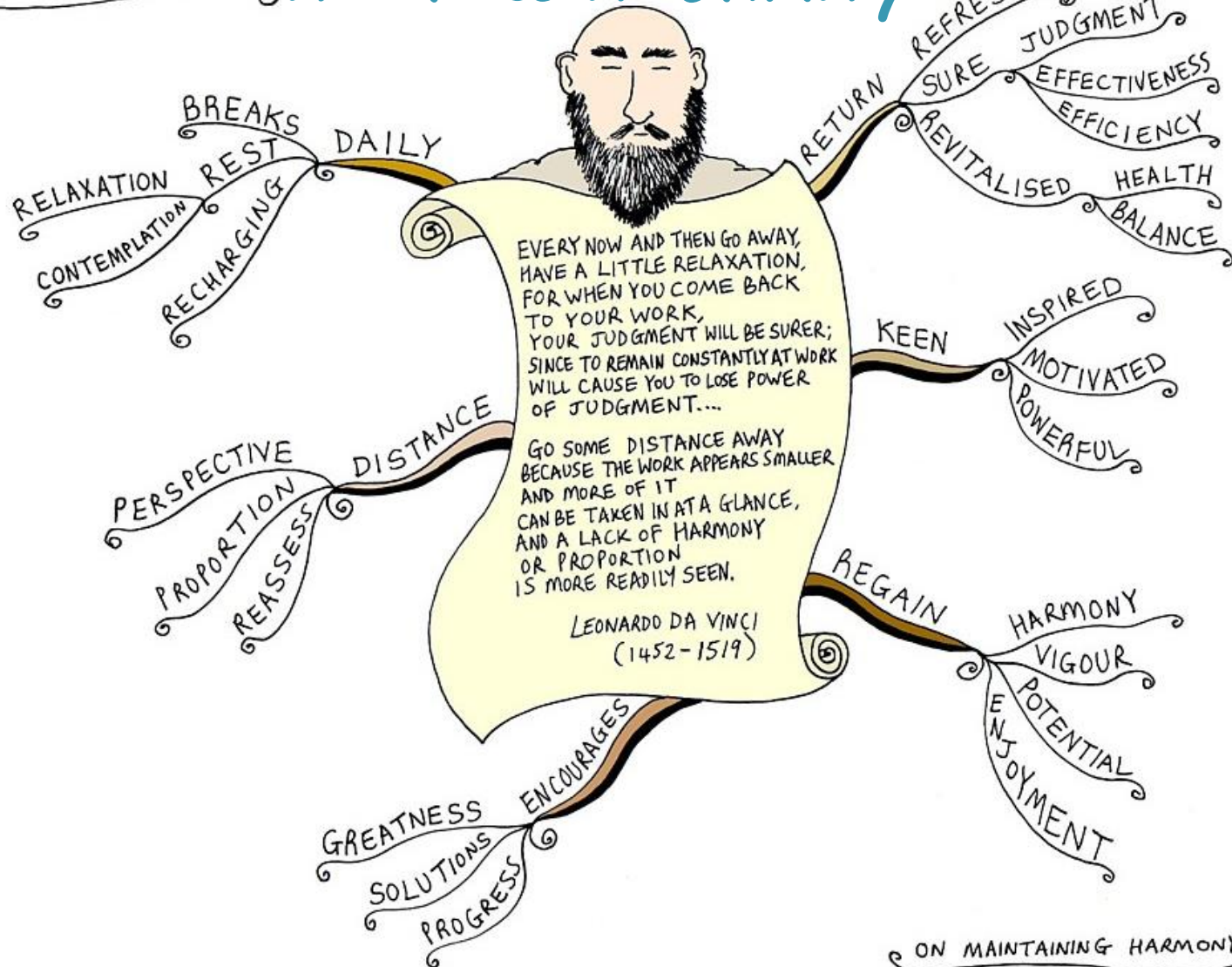


*SELF-CARE  
PROMOTES  
MENTAL &  
PHYSICAL HEALTH*

# THE BENEFITS OF TAKING TIME TO

## REST & RECHARGE

ADVICE FROM DA VINCI



ON MAINTAINING HARMONY

# TYPES OF SELF-CARE

*Through domains of wellness: Each domain offers opportunities for self-care.*

## Intellectual:

Read a book; try something new; teach someone how to do something you enjoy

## Spiritual:

Take time for self-reflection; spend time in nature; find spiritual community; meditate; dance; pray; take yoga; volunteer to help others; foster self-forgiveness

## Physical:

Get enough sleep; exercise; eat healthy; take a walk; dance; turn off your cell phone and pay attention to the physical sensations you experience; enjoy a cup of tea; listen to music

## Career/Financial:

Save money for the future; practice a skill that might help you in your chosen career; reflect on what activities give you a sense of purpose and then do that

## Socio-Cultural:

Learn to say no; spend time with people who make you feel good; model healthy, respectful interpersonal relationships; stand up for yourself and for others around you; volunteer for a social justice cause

## Emotional:

Express how you feel; laugh; play; practice self-compassion; journal; cuddle with a pet; engage in a daily gratitude practice; affirmations; take time to reflect and notice how you're feeling; work to strike a balance between interdependency and independence

## Environmental:

Go into nature; feel your feet on the grass; watch the sunset; volunteer to pick up trash



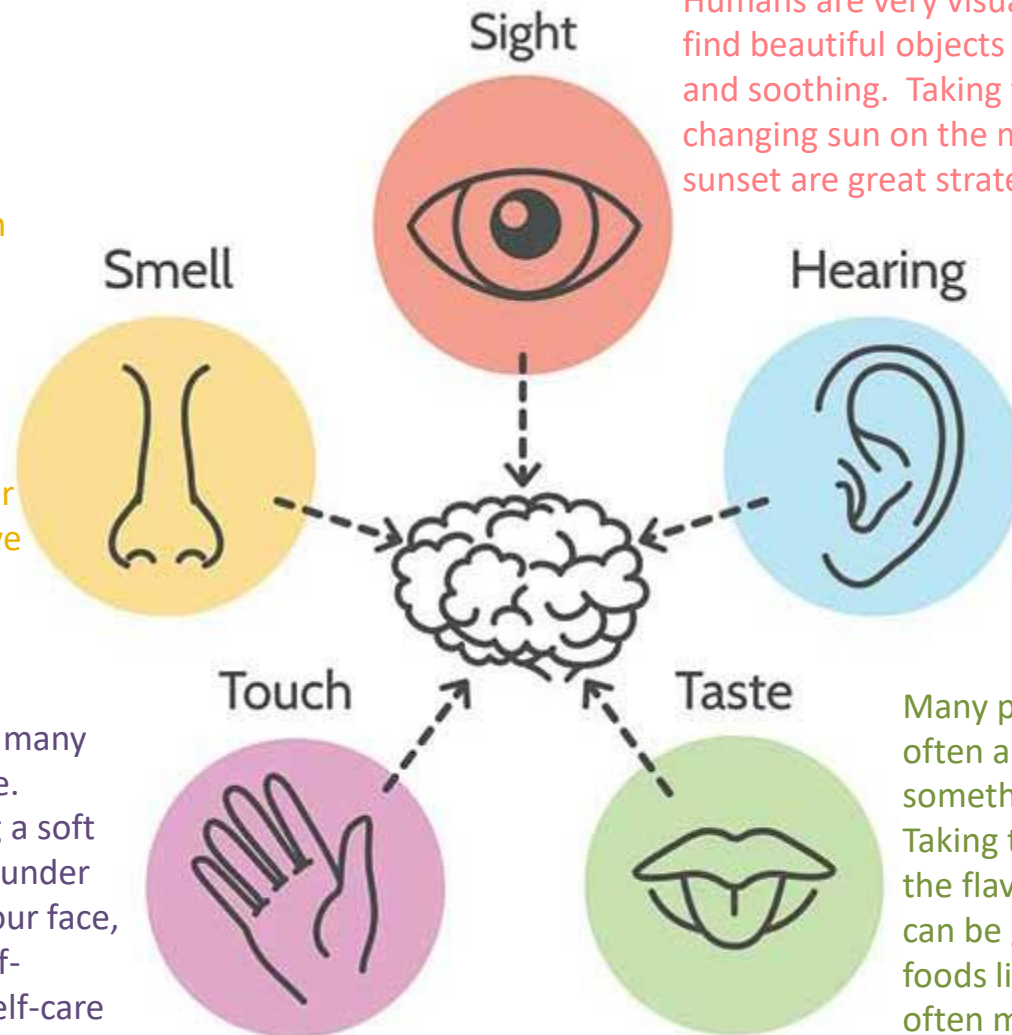
*Life events, actions, and skills developed in each domain impacts our wellness in other domains.*

# TYPES OF SELF-CARE

*Through the Senses: focus on the sensations you experience*

The thought of pleasant fragrances may be enough to make us a bit more cheerful, but the actual smell can have dramatic effects in improving our mood and sense of well-being. Scents like lavender and peppermint often have relaxing effects.


The sense of touch offers many opportunities for self-care. Examples include rubbing a soft blanket, feeling the grass under your feet or the sun on your face, or getting a massage. Self-massage can be a great self-care strategy.



Humans are very visual creatures and we often find beautiful objects or landscapes grounding and soothing. Taking the time to notice the changing sun on the mountain, enjoy a beautiful sunset are great strategies for self-care.

As often quoted, “music has charms to calm the savage beast,” and many people use music as a self-care strategy. Most of us also recognize other sounds we find soothing, like wind rustling leaves, or water trickling down a stream.

Many people enjoy food, but we often approach eating as something we don’t have time for. Taking the time to really notice the flavors and textures of food can be great self-care. Certain foods like dark chocolate also often make people feel better because it increases serotonin and endorphin levels in the brain.



DANCE, WHEN YOU'RE  
BROKEN OPEN. DANCE, IF  
YOU'VE TORN THE BANDAGE  
OFF. DANCE IN THE MIDDLE  
OF THE FIGHTING. DANCE IN  
YOUR BLOOD. DANCE WHEN  
YOU'RE PERFECTLY FREE.

- RUMI





# MEDITATION

*There are myriad types of meditations*



The Chaplains' Office offers several types of meditation practices including Zen Buddhist, Qigong, and walking meditations.



# MINDFULNESS PRACTICES

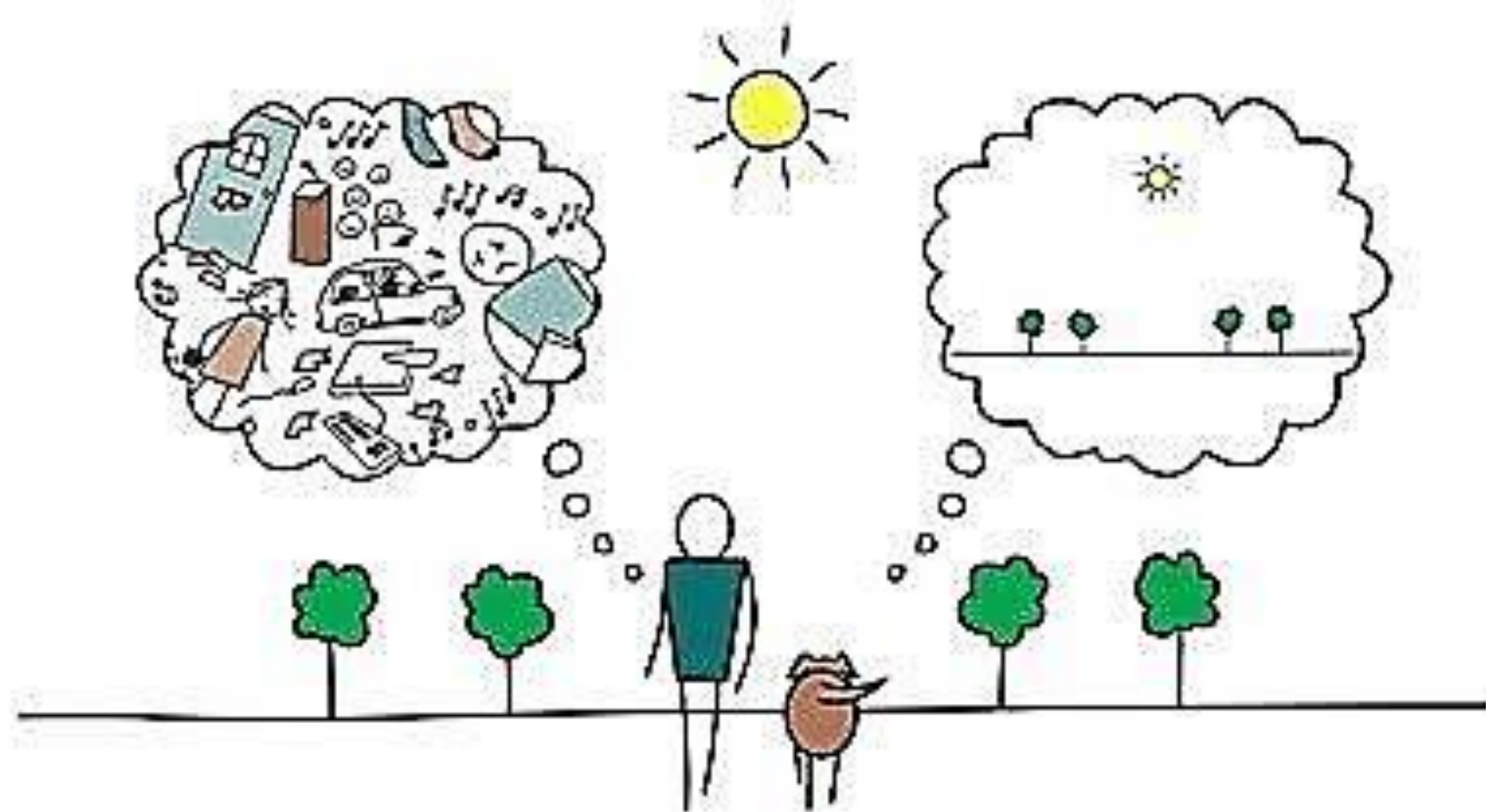
*Mindfulness practices involve heightening awareness  
of the present moment without judgment*



Examples of mindfulness practices include mindful breathing exercises, mindful eating practices, and body scans.

The Wellness Resource Center and Chaplains' Office offer practices and workshops to learn mindfulness skills. Staff in both offices are also happy to work individually with students to develop mindfulness practices and skills.





Mind Full, or Mindful?

# Body Scan Meditation

- 1** Set aside a time and place in your day where you can sit comfortably and you won't be distracted or disturbed.
- 2** Find a comfortable but attentive seated position, close your eyes, and bring your attention to your toes.
- 3** Working up from your toes, bring awareness to each body part in turn: your feet, ankles, calves, knees, etc. up to your head.



## Health Benefits:

- Reduced stress
- Decreased muscle tension
- Increased pain tolerance

## Why it works to reduce stress:

Body scan meditations encourage self-awareness of sensations we might otherwise be ignoring.



**This is my moment.**

**Self Care.**

**It doesn't have to take hours.**

Sometimes a moment is enough to get you through a stressful day.



A top-down photograph of a person's feet wearing light-colored sandals, resting on a lush green lawn. The text is overlaid on the image.

**This is my moment.**

**Self Care.**

**It doesn't have to take hours.**

Sometimes a moment is enough to get you through a stressful day.

Share a picture of your moment.

Post to [Facebook.com/ColoradoCollegeWellnessResourceCenter](https://Facebook.com/ColoradoCollegeWellnessResourceCenter)

Or use [#MyMomentCC](https://twitter.com/MyMomentCC) on Instagram or Twitter





# AFFIRMATIONS

*"YOUR BODY HEARS  
EVERYTHING YOUR  
MIND SAYS."*

*—Naomi Judd*

How we think about things impacts our ability to cope, and how we feel. If our self-talk is dominated by negativity, we tend to feel more stressed, less able to handle our stresses, and more anxious and depressed.

Spending time thinking about (affirming) the things we value tends to make us feel more able to handle our stresses, and lifts our overall mood.

# LAUGHTER



Seek out experiences that make you laugh and smile:

- Watch/listen to comedians
- Watch cat videos
- Watch shows or movies that make you laugh
- Spend time with friends who make you laugh
- Find the humor even in dark moments of life



# Feeling Stressed, Down, or Overwhelmed?



At least occasionally disengaging and "unplugging" from the constant stream of "news" can help maintain your energy and stay engaged for the long-term.



Connecting with friends and others with similar experiences and values is validating and helps us re-energize.



Connecting with nature can help you recharge and feel grounded.



Ben Franklin said, "Games lubricate the body and the mind." Play is an important part of self-care.



Many people say that spiritual practices reduce stress, and help them live with a greater sense of gratefulness and trust in the unknown.



Self-care doesn't have to take a long time, but it is important to do regularly. Making sure to engage with activities that bring you pleasure and joy can help get you through difficult times.

*Want to brainstorm or explore new self-care strategies?  
Come by the Wellness Resource Center!*



**The Wellness  
Resource Center**