

# SELF-CARE

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Stress is a normal part of everyday life, and it can even help accomplish goals by prompting action. Taking care of yourself and sticking to routines that work for you, especially during times of stress, can help maintain balance in life.

## ESTABLISH HEALTHY ROUTINES

**Routines for eating, sleeping, and playing can help you take the best care of yourself:**

### eat

Eating a good breakfast and having regular meals can give you consistent energy.

### play

Check out IM Sports, The Outdoors Club, or dance CIOs for fun ways to stay active regularly!

### take a break

Fitting in time for relaxation, like taking a walk with friends or doing something creative, can help reset your energy and mood.

### connect

Connecting with your favorite people regularly makes good times better and hard times easier.

### unwind

Giving yourself some time at the end of the day can help you unwind. Find something you enjoy to look forward to each day, like listening to music, spending time with friends, or reading for leisure.

### sleep

Prioritizing consistent sleep habits help you feel your best.

**HOO  
KNEW?**

Almost all UVA students use two or more self-care strategies to help themselves feel better regularly or during challenging times. \*

## MAKE TECHNOLOGY WORK FOR YOU

**Technology is best when it works for you**, so consider what contributes to your life in positive ways, especially if using social media. Many people's posts on social media are a highlight reel – they only show that person's best moments. **Pay attention to how social media makes you feel**, and consider changing your usage if it is not working for you.

"Curate your social media by following accounts that inspire you or make you feel good about yourself."

– M.S., CLAS 2019

"Take a step back to look at your technology use and see if there are ways to make it more effective."

– T.F., SEAS 2019



## STAYING ORGANIZED

Keeping daily activities organized can help you manage stress, whether in college or beyond. Consider some of these options to help:

- Use a **calendar or agenda** to record upcoming meetings, activities, classes, and other commitments.



- Plan a time to **read and respond to emails**. Mark emails that need a reply as unread, and use folders to keep track of info you may want in the future.

“ If it takes less than five minutes, address it right away instead of putting it off. ”  
–H.S., CLAS 2019

- Determine the **tasks that are most important** to your day, and plan around those.

- Focus on one task at a time**. Try turning off notifications or leaving your phone in another room if you find it distracting.

“ When I study, I set a timer for twenty-five minutes to focus, and then take a five minute break. ”  
– C.G., CLAS 2020

**HOO  
KNEW?**

Most UVA students do something they find restorative, like art or reading, to feel better. \*

\* From the February 2017 Health Survey with responses from 1,010 UVA students

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