Self-Care

Self-care is an important part of daily life. It promotes a healthy well-being. It can be easy to ignore the importance of incorporating self-care into your daily routine because of demands on your time. It’s important to look at yourself holistically. As a student academics are a priority, but forgetting to take time to address your mental, physical, social, and emotional needs can lead to burnout. Check out the tips below to learn how to incorporate self-care into your daily routine.

**Self-Care Tips**

* Create and follow a consistent routine
* Eat healthy meals and snacks
* Maintain healthy sleep habits
* Exercise
* Use deep breathing
* Engage in positive activities that keep you motivated
* Spend time with the people who are positive supports for you
* Seek assistance to maintain a healthy mental and physical well-being

Reference:

Hokie Wellness. “Developing Resiliency.” *Virginia Polytechnic Institute and State University.* <https://hokiewellness.vt.edu/students/workshops/Resiliency.html>