

SELF CARE

I'M TREATING ME RIGHT

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SOURCES

1. Davis, T., Ph.D. (2018, December 28). Self-Care: 12 Ways to Take Better Care of Yourself. Retrieved April 12, 2019, from <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>
2. Gordon, A. M., Ph.D. (2015, August 15). Up All Night: The Effects of Sleep Loss on Mood. Retrieved April 14, 2019, from <https://www.psychologytoday.com/us/blog/between-you-and-me/201308/all-night-the-effects-sleep-loss-mood>

PROJECT OUTLINE

Kamila Morgan

VISUAL PRESENTATION

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RESEARCH

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HANDOUT DESIGN

John Bedortha

RIP MAC

"SELF CARE" MAC MILLER

Yeah, well, climbing over that wall
I remember, yes, I remember, yes,
I remember it all
Swear the height be too tall
so like September I fall (down, down)
Down below, now I know
that the medicine be on call, yeah
It's feeling like you hot enough to melt, yeah
Can't trust no one, can't even trust yourself yeah
And I love you, I don't love nobody else, yeah
Tell them they can take that bullshit elsewhere
Self care, I'm treatin' me right, yeah
Hell yeah, we gonna be alright



THE BASICS

Get creative

Write it down

Somebody to lean on

It's OK to say NO

Do something fun

Finding creative outlets for your emotions can help express them in ways you can't. Painting, listening to or making music, and writing in a journal are all good ways to get your feelings out in the open.

Relying on others and limiting outside responsibilities are nothing to be ashamed of. Confiding in friends or family ensures you aren't suffering alone. Also, it's okay to say "No" to certain things to keep yourself from getting spread too thin. Remember the "self" in self care.

MENTAL CARE

Avoid guilt

Notice the positive

Recharge yourself

Strength in numbers

It isn't a crime to get frustrated, sad, angry, or upset, but it's easy to feel guilty about these emotions. Instead, ask yourself *why* you feel that way and address the core issues. And noticing positive moments and emotions when they happen is just as important.

Take time for yourself to recharge and think about your negatives and positives, but remember to stay connected with others. Clubs, volunteer groups, and classes are all starting points to building relationships. A good support network can be invaluable.

QUICK TIPS¹

Disrupt repetitive negative thoughts with a positive distraction

Accept all of your emotions but think about *why* you feel that way

Take time for friends and family

Take time for yourself

Nourish your body by eating healthy foods

Get enough sleep

Stay active

Identify stressors in your life and learn which you CAN control and CAN'T control

For stressors you CAN'T control, know that you CAN control how you react to them

Ask for help, even if you think you don't need it



PHYSICAL HEALTH

Keep active

Eat well

Get enough sleep

Stay hydrated

Active living and healthy eating will positively affect how you feel physically AND mentally. Taking the stairs, going for walks and biking are all easy ways to stay active in your everyday life. An active lifestyle is improved by eating better, whether that's going on a diet, subbing chips for carrots, or just not stopping at that one vending machine.

Low energy is linked to a decrease in positive feelings and physical wellbeing². 7-10 hours of regular sleep keep you alert and ready to cope with the day, and short 15-30 minute naps can supplement during the day. And drinking enough water is an often-overlooked but crucial detail to feeling better all around.