

# Self-Care isn't Selfish!

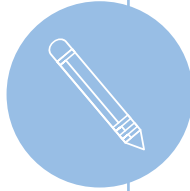


STUDENT SUPPORT  
AND CONDUCT

Be intentional about caring for your physical and mental health during your time in college to ensure you are getting the most out of your education. Remember: **self-care isn't selfish!**

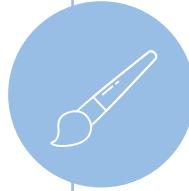
## Journal

Keeping a journal allows you to express your thoughts and feelings, which can sometimes help you to gain a new perspective on a situation or uncover thoughts or feelings you did not know you had. Journaling can also help you gain control of your emotions and improve your mental health.



## Do something creative

Do something artistic.  
Attend a class at the Prairie Arts Center.  
Get a coloring book and colored pencils.  
Paint a watercolor, oil, or acrylic painting.  
Make jewelry or string beads.  
Write poetry or a short story.



## Yoga

Check out a yoga class at the Colvin Recreation center [wellness.okstate.edu/fitness-schedule.html](http://wellness.okstate.edu/fitness-schedule.html)  
Or combine nature AND yoga for Yoga in the Garden at the OSU Botanical Garden.  
You can also do yoga from your room: watch a YouTube video or download a yoga app to learn beginning yoga.



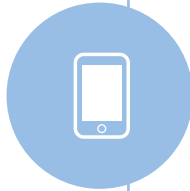
## Animals

Spending time with dogs is a great way to practice self-care.  
Go get some puppy love from Pete's Pet Posse, the OSU's Pet Therapy program.  
Volunteer at the Humane Society or Tiny Paws Kitten Rescue



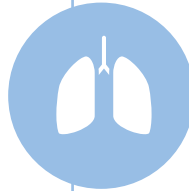
## Turn Everything OFF!

Digital detox: This refers to refraining from using tech devices such as smartphones, televisions, computers, tablets, and social media sites. "Detoxing" from digital devices is often seen as a way to focus on real-life social interactions without distractions. By forgoing digital devices, at least temporarily, people can let go of the stress that stems from constant connectivity



## Practice relaxation techniques

Try the TAO Online Therapy, a free resource for OSU students.  
Try the 4-8 Breathing technique. Learn the benefits of diaphragmatic breathing.



## Get Moving!

A quick walk around campus is also a great way to work in some physical activity and clear your head.  
There are hiking and mountain biking trails, kayak rentals, and beautiful views at Lake McMurry, Boomer Lake, or Lake Carl Blackwell.  
Go walk around the OSU Botanic Garden.

Getting some type of exercise each day is good for your brain and your body.

Go to the Colvin Recreation Center or the Seretean Wellness Center

What about joining an intramural team? For more information visit [tinyurl.com/okstateteams](http://tinyurl.com/okstateteams)



Learn a new hobby  
Read a book or magazine  
Work a crossword puzzle  
Go to the art museum  
Volunteer for something  
Go antiquing or thrifting

Get counseling  
Do Sudoku  
Go to the library  
Go to Theta Pond  
Call a friend/family  
Bake something

Dance  
Drink hot tea  
Learn to say no!  
Go on an adventure  
Do a face mask  
Watch an old movie

## Additional Ideas

Write a letter... handwritten  
Smell lavender or other calming scents  
Listen to music (if you are feeling overwhelmed, try classical music).