Potential Self-Care Strategies

Check each strategy you’re interested in adding to your routine

Go to a HuskyLead event
Take a study skills course
Attend Career Fair
Attend every Tech Tradition
Look into study abroad opportunities
Attend a Husky Hour or other workshop
Attend the Social Justice Lecture Series
Do community services with your house
Join the ExSEL program

__Attend check-ins and talk about your life with your RA
__Check out a club you find on Involvement Link
__Set up a meeting with a career advisor
__Try career cruising on the Career Services website
__Schedule a mock interview or get your resume reviewed
__Find a mentor and discuss your life goals
__Sign up for a success coach through the Wahtera Center
__Meet with your academic advisor regularly
__Take on a leadership role in a student org

__Try the Challenge Course
__Work out with arm weights
__Try LARPing or Dagorhir
__Go hiking at the Tech Trails
__Use the stairs instead of the elevator
__Walk or bike downtown instead of driving
__Play Broomball with your house
__Eat the colors of the rainbow
__Drink 64 oz of water each day
__Join an intramural team

__Play Pokemon Go or another active app
__Play Wii Sports or another active game
__Go swimming at Prince’s Point or the SDC
__Try a new healthy food twice per month
__Limit your sugar and fat intake when you’re stressed
__Rent equipment from the Outdoor Adventure Program
__Get up to stretch when studying for long periods of time
__Wash your hands frequently and for at least 20 seconds
__Keep track of any symptoms you’re experiencing
__Wear a mask and socially distance

__Host a game night
__Have dinner with your RA
__Plan an event with your house
__Visit a professor’s office hours
__Engage with an online community
__Have a cookout in the Wads garden
__Go to community hangouts and meetings
__Complete some Husky Bucket List items
__Call or video message a friend from home

__Introduce yourself to someone new every week
__Text a friend you haven’t talked to in a while
__Schedule a weekly date with a friend or partner
__Ask someone in your class to go to a FilmBoard movie
__Take your roommate to Late Night programming
__Sit in the student section at a Husky sporting event
__Play video games on a network with other people
__Visit Breakers or McLain State Park with friends
__Invite friends to watch your favorite movie or TV show

__Go outside for sunlight
__Sleep 7-9 hours every night
__Avoid caffeine after lunch
__Limit nighttime snacking
__Try a blue light filter
__Reduce fluid intake before bed
__Keep a sleep diary
__Track your stress levels
__Meditate
__Communicate your needs
__Download a mindfulness app
__Enjoy the sunset once a week
__Do something you enjoy 3x a week
__Set goals and revisit them regularly
__Spend time in nature

__Pray or engage in a spiritual practice
__Write down your thoughts at the end of the day
__Sleep at the same time every night
__Use a fan or white noise machine
__Sleep when tired, but don’t nap more than 30 min.
__Turn off technology 30 min. before bed
__Use your bed for sleeping, not studying or watching TV
__Turn on the Do Not Disturb function on your phone
__Read for 30 min. before bed and turn off your screens
__Spend time disconnecting from stressors
__Reward yourself when you reach an academic goal

When you’re feeling stressed, try:
__Progressive muscle relaxation
__Square breathing
__Asking an RA for help