### Be Well Self-Care Strategies

Check off each strategy that you are interested in adding to your routine

<table>
<thead>
<tr>
<th><strong>Live Well</strong></th>
<th><strong>Play Well</strong></th>
<th><strong>Connect Well</strong></th>
<th><strong>Recharge Well</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Go to a HuskyLead Event</td>
<td>Plan check-ins with your RA</td>
<td>Attend a game night with friends</td>
<td>Go outside intentionally at least 2x a day</td>
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<tr>
<td>Take a study-skills course</td>
<td>Join a new club (Attend K-Day to learn more)</td>
<td>Go to a Film Board movie</td>
<td>Sleep 7-9 hours each night</td>
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<tr>
<td>Explore Career Fair</td>
<td>Get your resume reviewed at Career Services</td>
<td>Watch a hockey game</td>
<td>Check out a book from the library</td>
</tr>
<tr>
<td>Embrace Tech Traditions</td>
<td>Meet with your academic advisor</td>
<td>Go hammocking on campus</td>
<td>Cuddle some cats at the Humane Society</td>
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<tr>
<td>Look into Study Abroad</td>
<td>Take on a leadership role in a Student Org</td>
<td>Play some games at Board Game Night</td>
<td>Use blue-light filters on your screens</td>
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<tr>
<td>Attend a Husky Hour workshop</td>
<td>Go to a professor’s office hours</td>
<td>Meet new people at Cookies &amp; Coloring</td>
<td>Try a new podcast or meditation</td>
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<tr>
<td>Do community service</td>
<td>Check out an Enterprise on Enterprise Day</td>
<td>Build a snow sculpture during Carni</td>
<td>Keep your favorite snack(s) on hand</td>
</tr>
</tbody>
</table>

- Go hiking at the Tech Trails
- Join a Broomball team
- Drink 64oz of water each day
- Join an intramural team
- Go swimming in the Portage or SDC
- Rent equipment from the OAP
- Take advantage of the SDC Gym

- Try out the MTU Frisbee Golf course
- Rock climb at the SDC
- Walk a dog at the Humane Society
- Go Yooperlite hunting
- Do a U.P. Mine Tour
- Get your Flu shot
- Walk across the Lift Bridge

- Attend a Late Night Programming event
- See a show in the Rozsa
- Text a friend from your hometown
- Go stargazing with friends at Breakers
- Play video games online with your hall
- Try TELUS Community Peer Support
- Go out to eat with some friends

- Set aside a day each week for no work
- Stretch every morning after waking up
- Create goals and a schedule to stick to
- Reward yourself when you reach goals
- Avoid caffeine in the evenings
- Start journaling
- Utilize TELUS Health for your well-being
What IS Be Well? The Center for Student Mental Health and Well-being developed the Be Well Initiative to support holistic well-being through 4 aspects of a healthy lifestyle: connect well, recharge well, live well, and play well. Be Well is designed to help students reflect on and support their personal well-being. Everyone’s idyllic well-being is unique and different, so Be Well is designed to be a hands-on or as hands-off approach.

Search for Self-Care

mental health  resilience  nutrition  exercise  hydrate  career
mindfulness  boardgames  read  connect  journal  stigma
meditation  play  community  reflect  stretch  sleep
live  movienight  recharge  therapy  thrive  goals
counseling  wellbeing  sunlight  support  coping  study