

# Be Well Self-Care Strategies

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



- Go to a HuskyLead Event
- Take a study-skills course
- Explore Career Fair
- Embrace Tech Traditions
- Look into Study Abroad
- Attend a Husky Hour workshop
- Do community service
- Plan check-ins with your RA
- Join a new club (Attend K-Day to learn more)
- Get your resume reviewed at Career Services
- Meet with your academic advisor
- Take on a leadership role in a Student Org
- Go to a professor's office hours
- Check out an Enterprise on Enterprise Day



- 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 game night with friends
- Go to a Film Board movie
- Watch a hockey game
- Go hammocking on campus
- Play some games at Board Game Night
- Meet new people at Cookies & Coloring
- Build a snow sculpture during Carni
- 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



- Go outside intentionally at least 2x a day
- Sleep 7-9 hours each night
- Check out a book from the library
- Cuddle some cats at the Humane Society
- Use blue-light filters on your screens
- Try a new podcast or meditation
- Keep your favorite snack(s) on hand
- 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

A C S W T B X H W L Q T N H C V O G W Q C A B P Q R B E B V  
 P G B M I N D F U L N E S S R I Z J H H J W X O Y Z X L E I  
 V W X U U I O K R X K V V T Y R E S I L I E N C E B S I C C  
 Q S B R L K R J J B S D W F P R S P G N N V Y N Q R W V O M  
 J V Y Q Y H Z Q Q P T Q N E O I I S V W F C N R X E W E K C  
 D T Q F S L I R M E U U C D X G X R V U U Z J S C A R F L O  
 F P R W Y X S A U D D T X X N E A F A O L R S C Z D J Z Y M  
 U G T R Q D M U C L Y Q F E S D R O Z C E H E L H Z I W K M  
 N K W C A R E E R M M A W C C U E C E R M T E S K R B J G U  
 Y P G V F B N Z B G E H Z J O I B L I K I J F R B H N X A N  
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 M W O E V E O N N R C E O P P H F S W L R E C H A R G E B Y  
 O N Z L J D S V U N V Z V I Y W B L E Y A Z O J R A T R A E  
 V H H L H O G N F T E L C N E V O Z E L V Y J L J T R Z P W  
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 E S P E G E S R E S W I E S A V R I I Y T N R C H E V J I O  
 N N K I S W P P N E U X T O Y Q D D C N O O G G J R V W V P  
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 G S L G Z F K G X Q L G I T O H A K X F X N W W Y S A V Z C  
 H K R C O N N E C T B T R M D N M O C F S Z H N B B N R E P  
 T U B A M J E E N L A G N E W K E A E A M P P T N I R R B D  
 C H P G R F H R L U G U I D P Y S Q Q A S U N L I G H T B Z  
 F M E N T A L H E A L T H I H C S S H T Z E S W N Z L A U V  
 X Q L V M Y M R D C A Y A T W S L D U S X U E T H N B M G L  
 O E T H E R A P Y S S P W A M M E A D P Y Y V S I G D K U G  
 G W R K N C U U W S U C K T W F E D S R P L D T Q G G X T U  
 I C I K Y Z Q G O A L S R I D B P N C M E O V I F U M N S Z  
 S I G A Q J K H V D O Y B O M Q Y E V F C T R L B M B A P D  
 H S T R E T C H J D R J Z N M X X V Y O H Z I T G L U N M H

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|---------------|------------|-----------|----------|---------|--------|
| 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  |