

Self-Care

You're busy to find time to take proper care of yourself. But soon you would be mentally and emotionally exhausted where it's hard to care about anything or anyone!

- ❖ Be accepting, kind and sympathetic of yourself.
- ❖ Being kind to yourself doesn't mean the end of motivation or working hard
- ❖ Fill your life with people you can laugh and share your experiences with
- ❖ Do a variety of things for fun and stimulation, both with others and alone
- ❖ Engage in self-exploration that helps you recognize your values and priorities
- ❖ Move your body, whether by regular exercise or walking activities.
- ❖ Give your body something good and healthy to eat and make your sleep a routine
- ❖ Take special time for yourself where you make it a priority to do something just for you
- ❖ Pay attention to your body's signals of pain or sickness and go to the doctor as needed.



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