

SELF CARE IDEAS FOR STUDENTS

Self care can look different depending on your personality and interests. No matter where you fall on the spectrum of introvert-extrovert, we all need time to restore our energy levels. Whether you gain energy from being around other people or prefer some alone time, it is important for you to discover those activities that bring you joy and help you feel reinvigorated.

Take a look at some of the ideas listed below. Many of the activities can be done alone or with other people. Discover what works best for you.

RECHARGE. REENERGIZE. RELAX.

- Connect with nature
- Take a walk/hike
- Read a book for fun
- Journal
- Try a new recipe/restaurant
- Take up a new hobby
- Visit a museum (in-person or virtually)
- Meditate alone or in a group
- Curate a wellness playlist (aka “mixed tape”)
- Be in the presence of art
- Splurge and go out for a coffee/tea
- Schedule drinks with friends
- Try a new workout class
- Have a dance party in your living room
- Perform an act of service/volunteer
- Cook dinner/bake cookies for a friend
- Schedule a regular Zoom happy hour with friends/family
- Discover a new neighborhood where you live
- Plan a vacation/weekend getaway
- Connect with friends/family through tech—many games online can be played with friends in real time
- Listen to live music (streamed online or at a local establishment)
- Spend time with your pet
- Create art/ play with art supplies
- Discover a new show on tv
- Watch an uplifting movie
- Doodle/draw for fun
- Host a get-together with friends
- Call or text a friend
- Plan a virtual game night
- Listen to a podcast
- Write a letter to a friend
- Create a gratitude list
- Learn the ukulele (or other instrument)
- Schedule a “Just say hi” appointment with Michele in OSA