

**SELF-CARE:
WHAT
WHY
& HOW**

COUNSELING & STUDENT DEVELOPMENT CENTER

OBJECTIVES

- Define **WHAT** Self-Care Is
- Discuss **WHY** Self-Care is Important (if it even is)
- Learn **HOW** to Practice Self-Care
- **PRACTICE** Self-Care

DISCUSSION

- What *IS* self-Care

WHAT IS SELF-CARE?

- Identifying **your** needs
 - Physical
 - Mental
 - Emotional
 - Spiritual
- Taking DELIBERATE & PROACTIVE steps to meet YOUR NEEDS in healthy ways
- Treating yourself as **kindly** as you would another person

DISCUSSION

- Is it even important?
- What might happen if we don't practice self-care?

WHY SELF-CARE?

- It refuels us to invest in important areas of our lives
- It enables us to be available to others
- It prevents (or decreases) burnout & a variety of mental health issues



If the oxygen masks drop down, **put your own mask on first**, and then help the person next to you.

HOW TO SELF-CARE

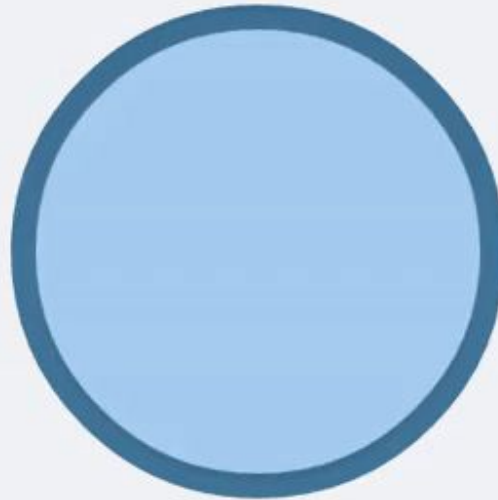
- Identify family & friends who are supportive
- See yourself as a human with multiple interests & identities
- Identify your values & beliefs as they pertain to your self-worth
- Proactively Plan for future needs
- Find enjoyment in what you study
- Investigate Student Support Services (e.g. CSDC, TLC, CDC, OAR, ISS, etc.)
- Explore your faith for inspiration
- Take a break when you need one

DISCUSSION

What may get in the way of you caring for yourself?

SOMETIMES, SELF-CARE IS TAKING 60 SECONDS FOR YOURSELF

Practice this Exercise



BRAINSTORM: WAYS TO SELF-CARE

- Go outside
- Sleep to rest
- Eat to fuel
- Disconnect
- Write & Talk to clarify your thoughts
- Exercise to strengthen & empower
- Create something
- Read something
- Recognize your accomplishments
- Laugh
- Organize/Have a Routine
- Learn something new
- Indulge in a favorite activity
- Have an adventure
- Learn to like being alone
- What else?

RESOURCES

- CSDC Website: www.Bucknell.edu/counseling
 - See [self-help resources](#) section
- The Learning Center (TLC)
- Career Development Center (CDC)
- Bucknell Student Health (BSH)
- Dean of Students office
- Others?

SELF-CARE IS ABOUT THE WAY **YOU TALK**



TO YOURSELF WHEN YOU'RE STRUGGLING.

IT'S ABOUT PRIORITIZING SLEEP.

IT'S HOW YOU FUEL YOUR BODY. IT'S ABOUT PRACTICING MINDFULNESS.



SAYING YES.

IT'S GIVING YOURSELF A BREAK. IT'S

HOLDING YOURSELF ACCOUNTABLE.



IT'S NOT JUST ABOUT A BUBBLE BATH,

A MUD MASK, A NEW OUTFIT, OR A DAY OFF.

SOMETIMES IT MIGHT BE, BUT IT'S ABOUT SO MUCH MORE.

QUESTIONS & SURVEY

<https://baseline.campuslabs.com/bucknell/2021oe>

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Title: Self-Care