**5 Self-Care Tips**

1. **Sleep:** Sleep is essential to overall health and is closely linked to academic success. Try to go to bed and wake up at the same time. Keep an 8-hour sleep routine.
2. **Practice self-compassion:** Self-compassion is treating yourself like you would treat your best friend. Talk to yourself the way you would talk to someone you care about; replace self-critical thoughts with compassionate thoughts.
3. **Practice mindfulness:** Being in the present moment can help to reduce stress. Practice mindfulness by noticing your five senses; what do you, see, hear, taste, feel, and smell right now?
4. **Practice deep breathing:** Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.
5. **Journaling:** Journaling can have a lot of benefits. Writing can help you process your feeling, ignite creativity centers in the brain, and help you be in the present moment. Take a few minutes each day to journal.

Self Care Activites. (n.d.). Retrieved from https://cmhc.utexas.edu/selfcare.html