

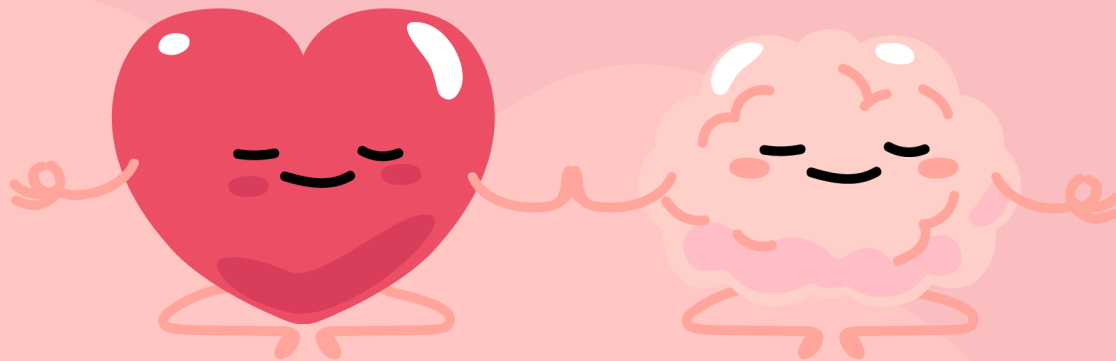
# SELF CARE





# WHAT IS SELF-CARE?

Practices of self-care are self-initiated activities that maintain and promote physical and emotional health (Myers et al., 2012) and include healthy eating, sleeping, exercising, and socializing behaviors.



# WHY COLLEGE STUDENTS NEED SELF-CARE

Many college students experience:

- Poor physical and mental health
  - 39% of U.S. college students are diagnosed with anxiety disorders and 33% with depression or other mood disorders (Vankar 2025)
- Burnout
- Homesickness
- Academic and social pressures



# WHY SELF-CARE MATTERS

## Improved Mental Health

- Reduced stress & anxiety
- Better mood & resilience
- Increased self-esteem & confidence

## Emotional Well-being

- Reduced depression & burnout
- Better coping mechanisms
- Enhanced emotional regulation

## Physical Benefits

- Improved sleep quality
- Low risk of chronic diseases
- Stronger immune system





# NOT SURE WHERE TO START?

**HERE ARE SOME TIPS :**



# SELF-CARE ACTIVITIES



## Journaling

- Personal reflections
- Daily logs about your day
- Creative ideas

## Doing things you love

- Board/video games with friends
- Working out
- Bake, Read, Meditate

## Practicing a healthy diet

- Aim for 3 meals a day
- Incorporate veggies
- Drinking water

## Walk around Northfield

- Arb
- Japanese Garden
- Downtown





# RESOURCES ON CAMPUS



- SHAC
  - Timely Care
  - Support Communities (BIPOC MHC, QMHC, etc.)
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Scan for More Carleton's Student Resources!





**YOUR JOURNEY  
BEGINS TODAY**

# References



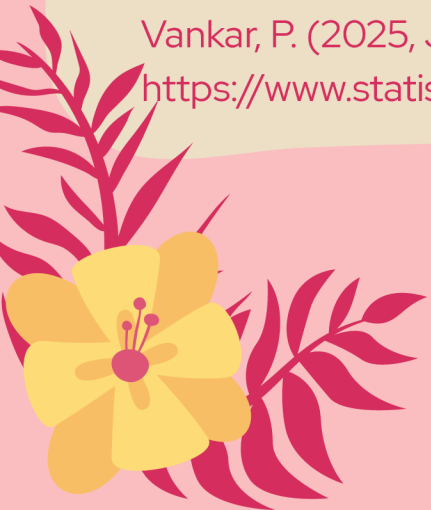
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## SELF-CARE ACTIVITIES

### Journaling

- Personal reflections
- Daily logs about your day
- Creative ideas

### Doing things you love

- Face masks with friends
- Karaoke break
- Bake, Read, Meditate

### Practicing a healthy diet

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- Incorporate veggies
- Drinking water

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## RESOURCES ON CAMPUS

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# LAYOUT



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## Resources

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