SELF CARE TIPS FOR A BALANCED LIFE

EMOTIONAL WELLNESS is the ability to cope effectively with life and create satisfying relationships with others. Emotional wellness is maintained by doing regular leisure and recreational activities that stimulate the five senses.

INTELLECTUAL WELLNESS is recognizing your creative abilities, finding ways to expand knowledge and improving or developing skills to ensure mental growth. Individuals that maintain intellectual wellness find that they have better concentration, improved memory, and better critical thinking skills.

PHYSICAL WELLNESS is recognizing the need for physical activity, healthy foods and sleep. It also includes adopting healthy habits, such as routine check-ups, safety precautions and STI screenings. Physical wellness is about discovering what healthy habits make you feel better and suit your lifestyle and level of mobility and fitness.

SOCIAL WELLNESS is developing a sense of connection, belonging, and a well-developed support system. It includes asking a colleague or acquaintance out, joining a club or organization, setting boundaries, good communication skills that are assertive, being genuine and authentic with others, and treating others with respect.

SPIRITUAL WELLNESS is related to your values and belief systems that guide a sense of purpose and give meaning in life. Signs of good spiritual wellness are having clear values, a sense of self-confidence and feelings of inner peace.

1. Get outside and go for a leisurely walk, swim, run, or bike ride
2. Watch the sunrise/sunset, or star/moon-gaze
3. Find shapes in the clouds
4. Meditate or pray
5. Practice deep breathing
6. Do some stretching/yoga
7. Dance/sing to a great song
8. Doodle, draw or color (great for stress release)
9. Wear clothes that make you feel good
10. Write 5 positive affirmations or start a gratitude journal
11. Spend time with your animals or a friends’ animals
12. Take a fitness class
13. Get a free massage
14. Use aromatherapy oils
15. Remove toxic relationships from your life
16. Declutter your space
17. Read a new book
18. Go to bed early
19. Have a spa day, do your own nails, make your own face mask, take a bath
20. Watch your all-time favorite movies
21. Go to a museum or art gallery
22. Detox from social media (includes unfollowing negative content and taking breaks)
23. Make a new recipe or your favorite meal
24. Listen to your body's hunger/fullness cues and nourish yourself
25. Drink a cup of tea
26. Stay hydrated and drink water
27. Mindfully eat your foods
28. Listen to a podcast/TED talk
29. Have a good laugh
30. Make an appointment for a health checkup
31. Take a relaxing shower or bath
32. Do not judge or compare yourself to others
33. Try something new
34. Join clubs or organizations that interest you
35. Take breaks while studying or working
36. Buy yourself some flowers or a plant
37. Write out some short and long term goals and action steps for each
38. Make plans for a trip or event that you are excited about
39. Do something nice for someone else without them knowing
40. Re-evaluate your relationships

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Intellectual Wellness
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Physical Wellness
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Social Wellness
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Spiritual Wellness
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APPS:

Meditation & Sleep
Headspace, Calm, Relax Melodies

Healthy Meal Ideas
Mealime

Fitness
Workout for Women

Sexual & Reproductive Health
Clue, My Sex Doctor

Positivity
Think up, Happify

DIY, Self-Care Ideas, Recipe Ideas
Mealime

Education
Duo Lingo, Youtube, Podcasts

Finance & Budget
Mint

FIU CAMPUS RESOURCES

The Healthy Living Program (HLP)
Student Health Services (SHS)
Wellness & Recreation Center
FIU Library
Counseling and Psychological Services (CAPS)

FIU Food Pantry
The Frost Art Museum
Career Services & Talent
Development
FIU Tutoring Services & Writing
Centers
FIU Farmers Markets

SELF-CARE TRACKER

4 self-care tips that I will try this week
1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________

Write 4 positive self-affirmations
1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________