

Self-care planning guide

An owl's guide to cultivating wellness practices

WELLNESS
RESOURCE  CENTER

215-204-8436

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what does self-care mean?

Doing what helps us feel well. These regular activities can offset the impact of stress and help prioritize our well-being in the midst of [college] life.

Daily routines can be a great place to start:

- **Sleep** - Making time to rest your mind and body.
- **Food** - Nourishing your body with foods that make you feel good.
- **Movement** - Moving your body in ways you actually enjoy!
- **“You” Time** - Doing things that help you feel like yourself.

reminder
Everyone’s self-care will be different - it’s about what helps you feel well.

When folks take care of themselves, they can show up more fully to all that they care about.

Planning ahead can also save some mental energy later when things may be more stressful. Use the next page to:

- Reflect on what’s important to you.
- Identify 1-3 concrete (and manageable) behaviors that can contribute to your self-care.
- Make a plan for integrating
- Visualize obstacles that may come up.

reminder

You never need to “earn” any of these self-care practices. You always deserve to take care of your mind and body.

planning for self-care

goals

- future-oriented
- results-driven (i.e. a marker or point of attainment)

intentions

- present-moment oriented
- behavior-driven (i.e. what folks do regularly that would eventually meet a goal).

my intentions

1 .

2 .

3 .

routines and plans

potential obstacles

reminder

Self-care can be flexible, imperfect, and simple. Practice being kind to yourself.

Resources to Support You

It's *always* okay to get some help.

Wellness Resource Center

wellness.temple.edu

[@BeWellTU](https://twitter.com/BeWellTU)

215-204-8436

[Find more mental well-being resources here.](#)

National Resources

Crisis Text Line:

Text HOME to 741741

National Suicide Prevention Lifeline:

1-800-273-8255

The Trevor Project:

1-866-488-7386

Tuttleman Counseling Services

counseling.temple.edu

[@tuttleman_resiliencycenter](https://twitter.com/tuttleman_resiliencycenter)

215-204-7276

Disability Resources and Services

disabilityresources.temple.edu

[@templeu_drs](https://twitter.com/templeu_drs)

215-204-7276

reminder
You are not alone
and help is available.