WHAT IS SELF-CARE, ANYWAY?

Self-care is the regular practice of prioritizing your well-being.

TRY BUILDING ROUTINES INTO YOUR LIFE AROUND:

FOOD
Fueling your body with nutritious foods.

SLEEP
Making time for your body and mind to rest.

“YOU” TIME
Spending time in ways that help you feel well.
- Being alone after a busy day.
- Consulting a professional (dietician, therapist, doctor).
- Spending time in ways that align with your values, rather than what you think you “should” do.

MOVEMENT
Moving in ways that bring you joy, however you are able to.
## RESOURCES FOR SELF-CARE

### TUTTLEMAN COUNSELING SERVICES
1700 N. Broad Street, 2nd floor  
215-204-7276 | counseling.temple.edu  
Individual and group therapy, drop-in groups, Resiliency Resource Center, therapeutic yoga and mindfulness, psychiatric services, and referrals.  
Initiate services during specific hours to create a treatment plan with a clinician.

### DISABILITY RESOURCES & SERVICES
Student Center South 4th Floor, Room 420  
215-204-1280 | disabilityresources.temple.edu  
Individualized accommodations and opportunities for students with disabilities to grow and develop.

### WELLNESS RESOURCE CENTER
Student Center 201 | 215-204-8436  
wellness.temple.edu | TUwellness@temple.edu  
Peer-led workshops, campus-wide events, wellness consultations, and low-cost safer sex supplies.

### CAMPUS RECREATION
Pearson & McGonigle Halls, Suite 303  
campusrecreation.temple.edu  
campusrec@temple.edu  
Group fitness, personal training, fitness equipment and more available at various locations across campus.

### STUDENT HEALTH SERVICES
1700 N. Broad St. 4th Floor | 215-204-7500  
temple.edu/studenthealth  
A range of medical services to help you stay healthy and well, including consultations with a registered dietitian.

### STUDENT ACTIVITIES
Student Center, Suite 219M | 215-204-7131  
studentactivities.temple.edu  
owlconnect.temple.edu  
Campus programming, fraternity and sorority life, student organizations, and Service Immersion Program.

### CONCERNED FOR A FRIEND?
The CARE Team receives and responds to non-emergent concerns for student well-being.  
Call (215-204-7188) or email careteam@temple.edu to make a referral. Learn more at careteam.temple.edu. If you are worried about the safety of yourself or a friend, call Campus Safety at 215-204-1234 or 911.

### ICON KEY
- CALL
- OFFICE HOURS
- ONLINE
- EMAIL
- EVENTS