

# 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.



### Movement

Moving in ways that bring you joy, however you are able to.



### Sleep

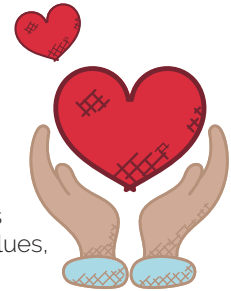
Making time for your body and mind to rest.



### "You" Time

Spending time in ways that help you feel well.

- Being alone after a busy day.
- Consulting with a professional (dietician, therapist, counselor, doctor, etc).
- Spending time in ways that align with your values, rather than what you think you "should" do.



# Resources for Self-Care

## Tuttleman Counseling Services

1700 N. Broad Street, 2nd floor | 215-204-7276  
[counseling.temple.edu](mailto: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

100 Ritter Annex | 215-204-1280  
[disabilityresources.temple.edu](http://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](http://wellness.temple.edu) | [TUwellness@temple.edu](mailto: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](http://campusrecreation.temple.edu) |  
[campusrec@temple.edu](mailto: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](http://temple.edu/studenthealth)

A range of medical services and consultations with a registered dietician.



## Student Activities

Howard Gittis Student Center, Suite 219M.  
215-204-7131 | [studentactivities.temple.edu](http://studentactivities.temple.edu) &  
[owlconnect.temple.edu](http://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](mailto:careteam@temple.edu) to make a referral. Learn more at [careteam.temple.edu](http://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

