

Brought to you by Student Development & Counselling Department

ARE YOU PRACTICING SELF-CARE?



What is self-care?

Self-care involves intentionally taking care of your physical and mental well-being, especially during difficult or stressful times. Self-care can look different for everyone, but it ultimately involves listening to what our body needs.

Activities that are often associated with self-care include (but are not limited to):



Yoga



Meditation



Getting sleep



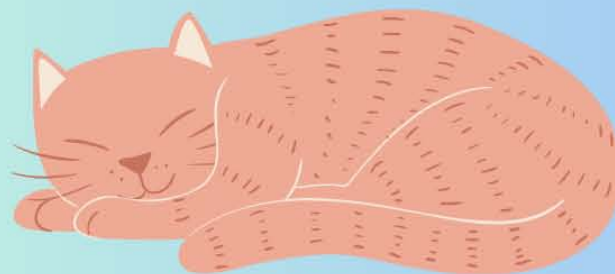
Being around nature

What these activities have in common is that they encourage you to REST.



Why is self-care important? Why do we need it?

- To relieve the pressures and stresses of everyday life
- To give your body the rest it deserves
- To help “reset” yourself and get back on a healthier schedule or lifestyle
- To prevent negative effects on yourself, such as burnout (which we talked about in July’s post!)
- To improve well-being, physically and emotionally
- To gain better productivity and help focus



Here are some tips and activities you can do to provide yourself with some self-care:



Exercise



Eat well and hydrate



Schedule intentional breaks



Spend time with your loved ones and friends



Do something fun!
Go exploring or try something new



Talk to someone

If you are looking for professional support, counselling is a way to process what you are going through in a safe space.



Operation hours:

Monday – Friday (9am – 6pm)

Saturday (9am – 1pm)

Phone: (+60)3-91018880

Email:

sacounselling@ucsiuniversity.edu.my

Facebook: UCSI SD CD

Location: Student Affairs and Alumni
(SAA), Level 9, Block G,
UCSI University KL Campus