



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** ● ●



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
Pinterest

● 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. _____

Relax. Feel Good. Be Well.