



# TIPS FOR IMPROVED WELLNESS AND SELF-CARE

Prioritizing your wellness and practicing self-care is often neglected by students. Between managing a full course load, navigating the challenges of living away from home and dealing with personal problems and responsibilities, focusing on yourself becomes secondary. As lives become more overwhelming and stressful, especially during the COVID-19 crisis, practicing self-care and looking after yourself becomes even more important.

While academics and personal responsibilities cannot be ignored or set aside, make sure you also incorporate wellness and self-care practices into your daily routine. Here are some tips and wellness/self-care practices that can be added to your routine to help you stay mentally and physically healthy.

## GET SOME SLEEP:

Your body needs sleep to function properly. Establish a bedtime routine, don't eat or drink too much, put away cell phones and tablets and turn off the TV at least 30 minutes before going to bed. Incorporate some breathing exercises and do your best to go to bed and wake up at the same time every day.

## EAT WELL:

Eating healthy, well-balanced meals and snacks will give your body all the essential vitamins and nutrients it needs to thrive. As best you can, avoid heavily processed foods and snacks, caffeine and alcohol. Proper "fuel" will positively impact your mental and physical health.

## STAY ACTIVE:

Physical activities are proven to have positive impact on your mental and physical well-being. Activities do not have to be strenuous and you can exercise at home without any special equipment. Find an exercise that works best for you and add it to your daily routine.

## KEEP A JOURNAL:

Take time each day to write in a journal, making note of how you've spent your time and reflect on how you've been feeling. Aim to be positive by recognizing the things that are going well or what made you feel grateful.

## SET WELLNESS GOALS:

Incorporating wellness activities can be difficult at first. Start small, focussing on one or two strategies. When the first ones become routine, add another into your daily rituals. Soon, putting your mental and physical health first will become a habit.

**You are not alone! Remember, Yorkville University/Toronto Film School CARES. If you would like to speak to a mental health and wellness counsellor for free, schedule an appointment using the following links.**

**For Toronto Film School:** <https://tfs.janeapp.com/>  
**For Yorkville University:** <https://yorkvilleu-bc.janeapp.com/>