

## SELF-CARE WHEN YOU'RE CARING FOR OTHERS:

Juggling school and life can be challenging. Juggling school, life, and AND parenting is an even trickier balance. We may know that self-care (e.g. putting on your own oxygen mask before putting on someone else's) is important, but finding the time isn't always easy!

Here are some tips from UCSD CAPS re: how to incorporate self-care throughout your day even when time is limited!

### **IF YOU HAVE 1 MINUTE:**

- Create a healing light - light a candle or even the flicker of a flameless one can have a calming effect
- Find a you tube video that will make you laugh
- Practice deep breathing
- Think of one thing you are grateful for
- Drink a glass of water
- Hug someone

### **IF YOU HAVE 10 MINUTES:**

- Get moving! (Squeeze in an online workout video or go for a walk around the block)
- Write in a journal
- Meditate (utilize your CAPS Headspace account!) or picture yourself in your favorite, calming place
- Look at old photographs

### **IF YOU HAVE 5 MINUTES:**

- Text a friend
- Listen to a favorite song
- Sit outside alone in the sun
- Squeeze a stress ball
- Apply a favorite essential oil

### **IF YOU HAVE AN HOUR:**

- Treat yourself to bodywork (massage, pedicure, or acupuncture)
- Listen to a podcast (suggest "Unlocking us" with Brene Brown, "Happier" with Gretchen Rubin), or for parenting support "Good Inside" with Dr. Becky or "We can Do Hard Things" with Glennon Doyle)
- Try a new recipe!

**UC San Diego**

**STUDENT HEALTH AND WELL-BEING**  
Counseling and Psychological Services