



# STUDENT PLAYBOOK



## Self-Compassion **Guide**



## Emotional Self-Care

- Learn to say “no.”
- Intentionally schedule “me time” on your calendar or planner.
- Reward yourself for completing small tasks.
- Allow yourself to feel and express your feelings (in a safe and appropriate environment).
- Try some mindfulness exercises to help bring you into the present moment.
- Remind yourself of the good stuff in life by writing a list of things you’re grateful to have.
- Take a moment to allow your feelings to be present without judging them.
- Stop being your harshest critic. Allow yourself to make mistakes.
- Read or listen to positive, uplifting information and programs.
- Minimize or cut back on social media time (which encourages us to compare ourselves with others)

## Physical Self-Care

- Try easy yoga.
- Take a walk.
- Drink more water.
- Do a vigorous cardio workout to break a sweat.
- Go out and spend 10 minutes under the sun.
- Go hiking, camping, or backpacking and spend some time in nature.
- Go to bed at a time that allows you to get a good night’s sleep.

## Social Self-Care

- Avoid toxic people.
- Ask for help. Let people know you need some help.
- Call a trusted friend or family member and talk things out.
- Choose carefully who you spend your time with. Spend time with positive people.
- Intentionally reconnect with someone you’ve lost touch with.
- Schedule a “date” night with a special friend.

## Spiritual Self-Care

- Write in a gratitude journal to stay connected to the things for which you are thankful and bring joy to your life.
- Make time for a short, guided meditation in your day.
- Do something nice for someone in secret.
- Help someone in some way.