

HOW TO DE-STRESS AND TAKE CARE OF YOURSELF

- Know that **it is okay** to take care of yourself. It's not selfish to put your needs first when feeling overwhelmed and stressed.
- **Let others know** that you are overloaded. If you don't tell them, then they will not know.
- If you need something from your family and friends, **ask for it**. Be specific. Often people want to help, but don't know what would be helpful.
- You might find that **solitude and private time** to meditate, reflect and/or pray is helpful
- **Take time to nurture yourself:**
 - listen to music
 - take a walk
 - go to a yoga class
 - exercise vigorously
 - do a hobby or task that you find enjoyable
 - see a good movie, alone or with a friend
 - get your hair done or get a manicure/pedicure
 - read a novel
- **Talk about** what you are feeling and/or experiencing with family, friends and colleagues.
- Try **not to isolate** yourself.
- Spend **quality time** with those you love.
- Do a random act of **kindness**.
- It's okay to **turn off the news**.
- **Reconnect** with or get involved with community events and activities that are affirming and supportive.
- Give yourself **more time** for daily routines.
- Let go of some things – **reprioritize**.
- It's okay to give up a task or responsibility or to **take a week or two off** of duty.
- **Be forgiving** of yourself and others.
- **Be kind to yourself**.
- Call the **Counseling Services Department** for support **(401) 341-2919**.

Salve Regina University, Counseling Services

Monday – Friday, 9am – 5pm [401.341.2919] / counselingservices@salve.edu

Emergencies: Campus Security [401-341-2325]

Newport Mental Health Hotline [401.846.1213] / www.newportmentalhealth.org

Newport Hospital [401-846-6400] / <https://www.newporthospital.org/about-newport-hospital>