

Date:









SELF-CARE PLANNER

Taking care of yourself is a smart choice. 😊

Checklist:

Make your bed	<input type="checkbox"/>
Hydrate	<input type="checkbox"/>
Enjoy uplifting music.	<input type="checkbox"/>
Reach out to a friend	<input type="checkbox"/>
Exercise at least 20 min	<input type="checkbox"/>
Phone break for 20 min	<input type="checkbox"/>

Hydration tracker (by glass of water)

							
1	2	3	4	5	6	7 ✓	8

Rest tracker (by hours of sleep)

							
1	2	3	4	5	6	7	8 ✓

Nutrition tracker:

Breakfast	Lunch	Dinner
Peanut Butter Banana Toast.	Black Bean Veggie Wrap	Lentil and Vegetable Stir-Fry.

Mood tracker

☐ Angry ☐ Tired ☐ Sad ☒ Happy ☐ (Add your own)



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Hydration tracker (by glass of water)

1

2

3

4

5

6

7

8

Rest tracker (by hours of sleep)

1

2

3

4

5

6

7

8

Nutrition tracker:

Breakfast	Lunch	Dinner

Mood tracker

Angry

Tired

Sad

Happy



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SELF-CARE PLANNER GUIDE

You will be as productive in college as you are healthy. With classes, assignments, social life, and part-time jobs, it's easy to neglect your well-being.

But remember, taking care of yourself isn't selfish; it's essential for your success, happiness and better learning!

Fill your checklist with recharging, feel good actions daily actions that will help your physical, mental and emotional self-care.

Here are some tips to improve your self-care routine:

Physical Self-Care

- Prioritize sleep: Aim for 7-9 hours of sleep each night.
- Nourish your body: Eat balanced meals, stay hydrated, and limit junk food.
- Get moving: Find physical activities you enjoy, whether it's hitting the gym, dancing, or going for walks.
- Manage stress: Practice relaxation techniques like deep breathing, meditation, or yoga.

Mental Self-Care

- Connect with others: Spend time with friends and family.
- Unplug: Take breaks from social media and technology.
- Learn to say no: It's okay to decline commitments if you're feeling overwhelmed.
- Seek support: Don't hesitate to talk to a counselor or therapist if you're struggling.

Emotional Self-Care

- Identify your emotions: Acknowledge and validate your feelings.
- Practice gratitude: Focus on the positive aspects of your life.
- Develop hobbies: Explore activities you enjoy, whether it's painting, writing, or playing an instrument.
- Set boundaries: Learn to establish healthy boundaries with others.

For more resources and tips on how to improve your study skills and achieve academic success, join our online community!



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