Date:

SELF-CARE PLANNER

Taking care of yourself is a smart choice.



Checklist:

Make your bed	
Hydrate	
Enjoy uplifting music.	
Reach out to a friend	
Exercise at least 20 min	
Phone break for 20 min	

Hydration tracker (by glass of water)

Rest tracker (by hours of sleep)



Nutrition tracker:

Bre	eakfast	L	unch	Dinner				
Peanut B Toast.	utter Banana	Black Bean Veggie Wrap			Lentil and Vegetable Stir-Fry.			
Mood tracker	○ Angry	○ Tired	○ Sad	Ø	Нарру	(Add your own)		



Date:

Mood

tracker

SELF-CARE PLANNER

	Taking care of yourself is a smart ch							choi	ce.	63					
Hyd	ratio	n tra	cker	(by g	lass	of wo	ıter)	ı	Rest 1	rack	er (b	y hou	ırs of	sleep	o)
1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
Nut	rition	n trac	ker:												
Breakfast					Lu	Lunch				Dinner					



○ Angry ○ Tired ○ Sad ○ Happy

Date:

SELF-CARE PLANNER

Taking care of yourself is a smart choice.

Che	cklist:								
Hydration t	racker (by glo	ıss of water)	Rest	tracker (by	hours of s	leep)			
	3 4 5	6 7 8	1 2	3 4	5 6	7 8			
Nutrition tr	acker:								
Brea	akfast	Lunch Dinner							
Mood tracker	Angry	○ Tired	○ Sad	○ Нарру	0				



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.

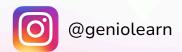
Mental Self-Care

- 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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