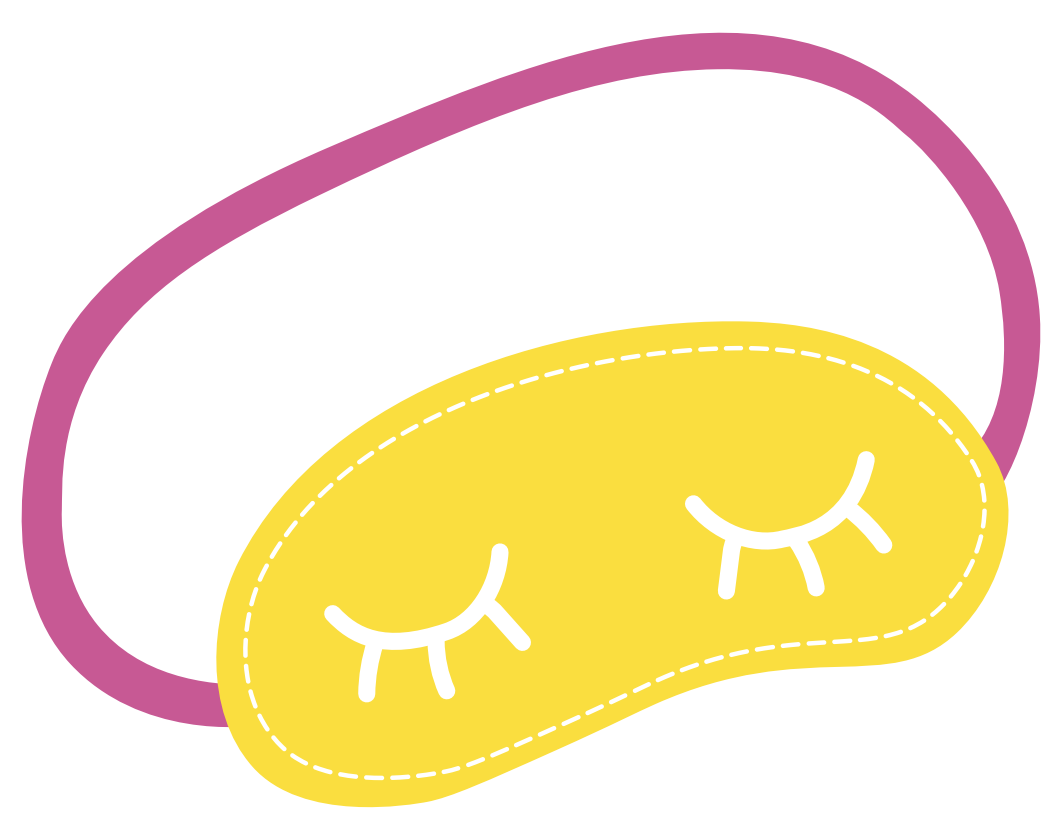


Taking Care of Myself

Selfcare Strategies

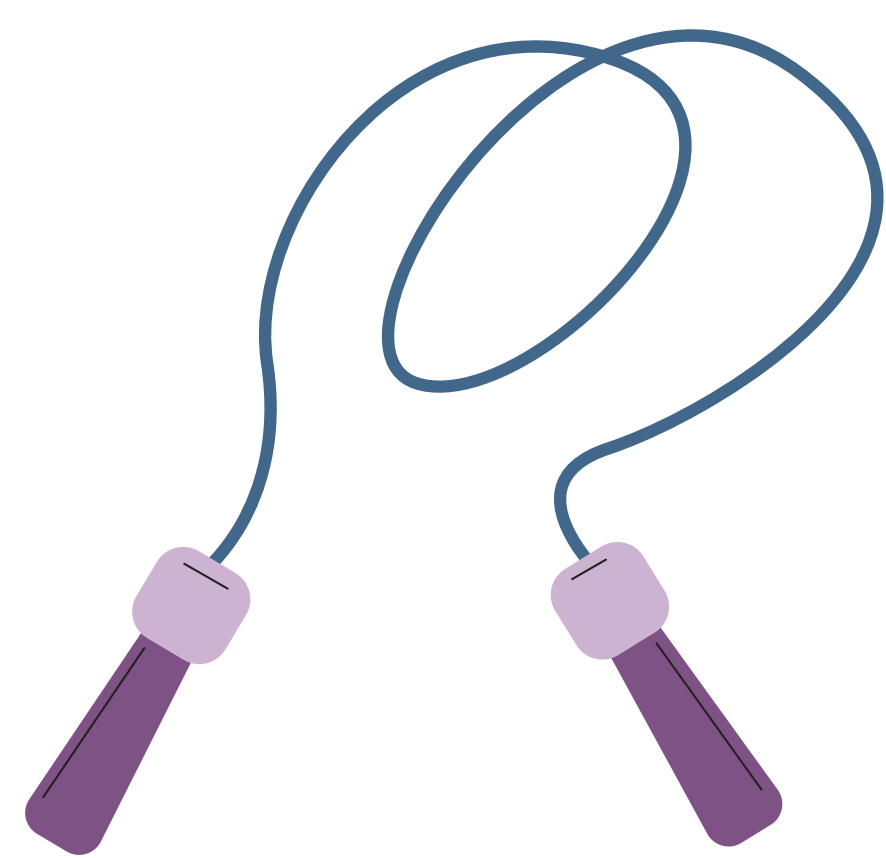
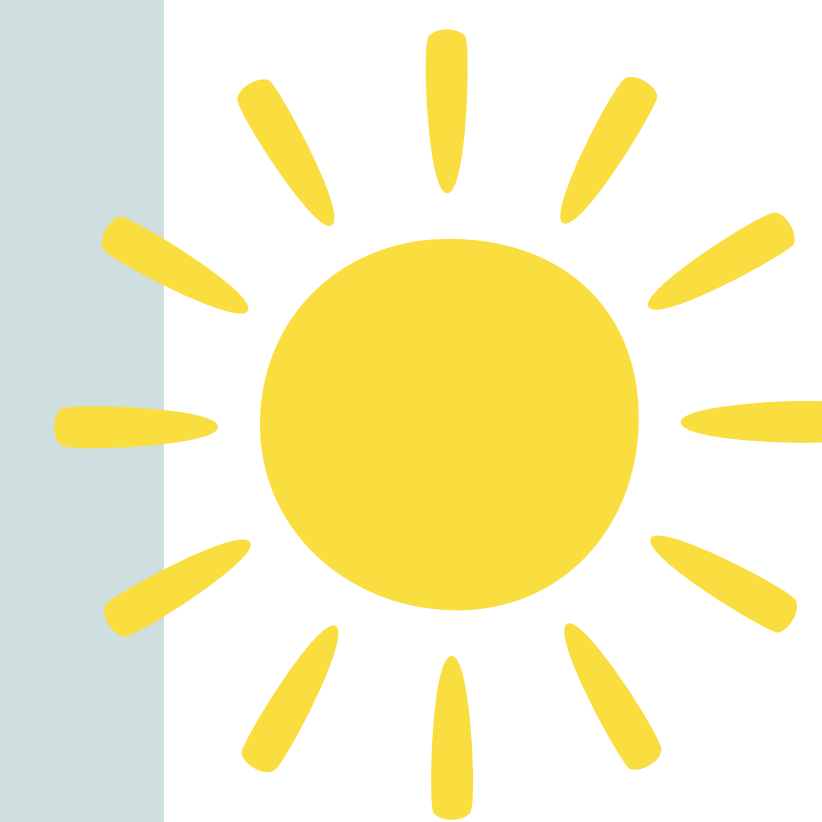


Sleeping well

- Try to maintain a **regular sleep routine**, adhering to a bedtime and wake-up time that suits your day-to-day life and your needs
- Do **relaxing activities before bed**, such as meditation or reading a book, and reduce screen time during these periods
- Use an **alarm clock** and not your cell phone, to reduce the temptation to wake up and start scrolling
- Promote a **peaceful and cozy environment in your sleeping space**: keep the room tidy as much as possible and change the sheets regularly.
- Come up with **strategies to "switch off" when you go to sleep** (e.g. write down tasks and worries before bed and leave them on paper)

Being aware of my surroundings

- Keep your **surroundings clean and organized**
- **Donate or get rid of things you no longer use** (e.g. clothes, accessories, technological devices, old toys)
- Take advantage of the **natural spaces** around you: spend time outside, enjoy nature and fresh air.
- **Notice the beauty** of the spaces surrounding you
- Stop to **appreciate the little things** in your daily life (e.g. a beautiful flower, a particularly inspiring phrase, the color of the sky)



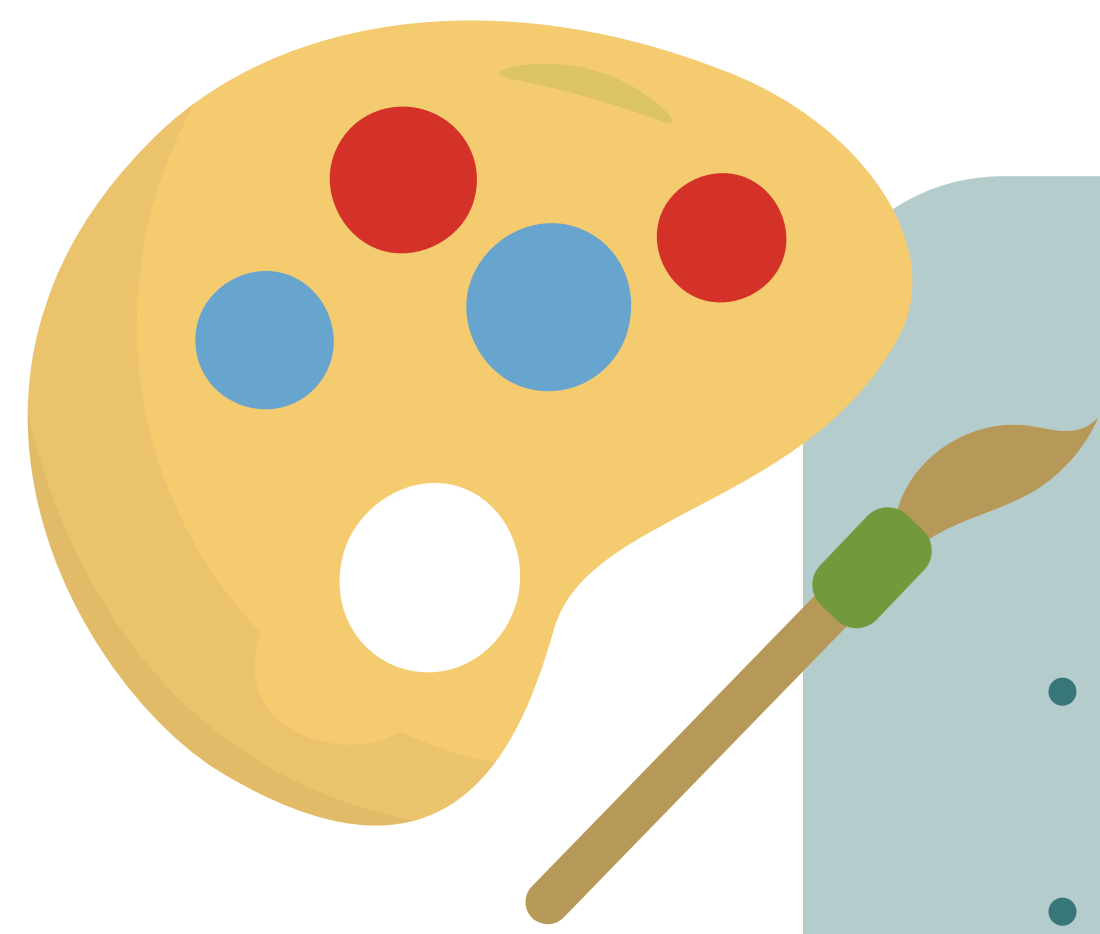
Practicing physical exercise

- Find a **physical activity that you enjoy and feel good about doing**
- **Take up a sport** that you've done before or that you might have stopped, in a lighthearted way and for fun
- Take advantage of **team sports** to meet new people
- Try something relaxing like **yoga** or **pilates**
- If nothing in particular interests you, still try doing some **walks** or **cycling**.

Eating well

- Keep a **healthy and balanced diet**, diversified and rich in nutrients
- **Organize and prepare your meals in advance**: plan the week's meals, the days when you will cook or eat out, when to go shopping and what to buy, etc.
- Take advantage of the **moments when you cook for yourself**: try out new recipes, develop a possible new hobby
- **Allow yourself a "treat"** every now and then and don't feel guilty about it
- Don't forget to drink **water**





Doing activities that I like

- Set aside time in your day to devote yourself to **activities that give you pleasure**, just for that simple reason
- Dedicate yourself to **creative activities** such as drawing, writing, dancing, playing an instrument, etc.
- Play a **board game** or a **video game**
- Read a **book**
- Watch your favorite **show, movie or series**
- Listen to **music** that gets you excited or that you particularly enjoy
- Dedicate yourself to **your true interests and tastes**, without fear of judgment

Trying new things

- Try to find **new interests and get to know yourself better** through different experiences
- Challenge yourself to **take up new hobbies** or **develop skills** you've always wanted to try but haven't had the chance: swimming, horse riding, music, dancing, etc.
- Try a **new type of food**
- Get involved in **associations or volunteer work**
- **Meditate** or try **mindfulness**



Choosing who I spend my time with: myself

- **Set aside some time** in your day or week to spend exclusively with yourself
- Take advantage of "**me time**" and **relax**
- Plan a **fun day for yourself** and only do things you enjoy
- Have a **date with yourself**, whenever you want
- **Consider and allow yourself to say "no"** to plans with other people which you feel will not promote your well-being



Choosing who I spend my time with: other ones

- Reconnect with your **family and old friends**
- Do **activities you enjoy with your friends**
- **Share experiences, difficulties and joys** with people you know will support you
- Surround yourself with **people who appreciate you** for who you are
- Spend time with your **pet(s)**



FEUP
Healthy Minds

You deserve it



spo@fe.up.pt | psispo@fe.up.pt
Psychological support by appointment:
Mondays to Fridays, from 9:30 to 12:30
and from 14:30 to 17:30