



# FDHS Student Support Services Self-Care Tips for Students

**What is self-care?** Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental or emotional health. It is when you take the time to take care of yourself. With school being virtual for these few weeks and not being able to go many places, it is important to remember to take some time and practice self-care. Below are a few tools that you can use to practice self-care. Please think about the hierarchy of mental health needs during this time and remember that there is always someone here when you need to talk. If you need to talk please reach out by contacting a school professional listed on our [Student Support Resources](#) website, call 1-800-273-TALK (8255), or call [1-800-662-HELP \(4357\)](#) for mental health referral services.

1. Carve out time. This is the basic pre-requisite for just about all the ways to take of yourself. You need time, and it has to be part of a daily routine. It's not always easy to set time aside with everything going on in life, but learning to carve it into your schedule is necessary. If you start now, it will become a habit.
2. Get some sleep. Easier said than done, but sleep deprivation is detrimental to a person's thinking, and their physical and emotional state. Most young people need eight to nine hours of restful sleep to function at their best.
3. Creative expression. Choose a creative outlet to convey your thoughts and feelings. This could be journaling, writing poetry, painting or drawing, doing photography, dancing, or playing music.
4. Meet virtually and communicate with friends. Research has found that meeting with peers and talking about what's going on with you, including past events you're still processing prevents burnout and promotes well-being. Group connections are so important for fostering resilience and releasing chemicals in the brain that support well-being.
5. Turn off smart phones. It's hard, but try to take a break, even for just part of the day.
6. Go outside: Social distancing may be a thing, but you can still stay six feet apart by taking a walk outside, riding your bike, sitting on the porch, going for a run, or other activities outside that still allow for social distancing. Getting outside can help the cabin fever tremendously.



\*Remember that it is still important to...



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