

SOLC PRESENTATION: SELF-CARE AND TIME MANAGEMENT

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AGENDA

1. What is Self-Care?
2. Seven Pillars of Self-Care
3. Activity: Self-Care Plan
4. Time Management
5. Resources on Campus

WHAT IS SELF-CARE?

Self-Care can be defined as taking the time to do the things that help YOU live well and improve your physical and mental health ([National Institute of Mental Health](#))

DEMYSTIFY THE MYTHS

Self Care is:
SELFISH

Self-Care is:
EXPENSIVE

Self-Care is:
TIME-
CONSUMING

Self-Care
should: BE
EARNED

Self-Care is:
ONLY FOR
WOMEN

WHY DOES SELF-CARE MATTER?



Increase

Resiliency (adapt to changes, recover from setbacks)
Mood (happiness)
Energy levels



Improve

Stress management skills
Concentration



Minimize

Frustration and anger outbursts or behaviors



Reduce

Risk of illnesses (colds, lower immunity systems)
Symptoms of mental health challenges

COMPONENTS OF SELF-CARE

The Seven Pillars of Self-Care

Mental

Emotional

Physical

Environmental

Spiritual

Recreational

Social

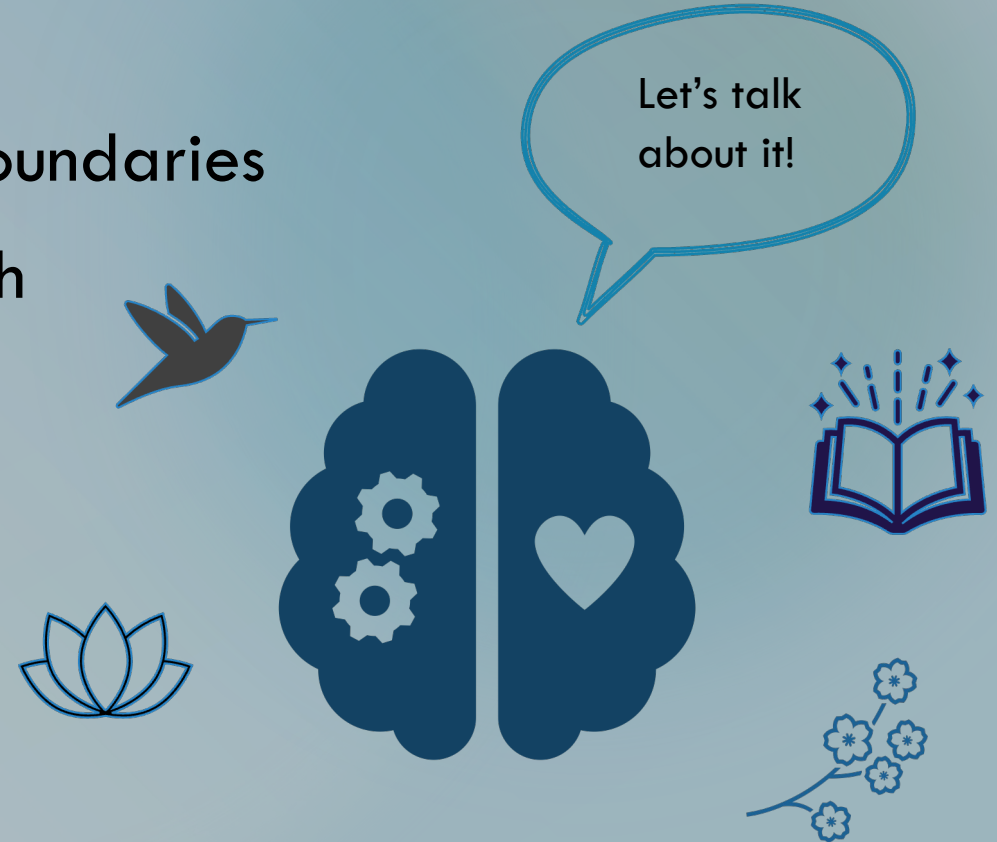
MENTAL SELF-CARE

Creating a healthy mindset while utilizing mindfulness and curiosity

Setting and maintaining realistic boundaries

Strategies to manage mental health

- Individual or group therapy
- Meditation
- Journaling (brain dump morning or night)
- Limiting social media/screen time



EMOTIONAL SELF-CARE



- Paying attention to how you feel throughout your day, what activities bring you joy? Which bring you stress or discomfort?
- Create a list of small activities that help you feel good and relieve stress
 - Listening to music
 - Watching your favorite movie
 - Looking at pictures and videos of loved ones
 - Going on a walk with a friend
 - Asking for help
 - Setting boundaries*

PHYSICAL SELF-CARE



SLEEP AND
REST



NUTRITION



EXERCISE



MEDICAL
MANAGEMENT



BOUNDARIES*

SOMETIMES, SETTING BOUNDARIES CAN FEEL DIFFICULT...

- Feelings of shame and guilt
- Believing we need to put others before ourselves
- Feeling responsible for other people's feelings and reactions
- We might have someone in our life who doesn't respond well to boundaries
- We believe that things won't get done correctly if we don't do it ourselves
- The fear of disappointing other people or a desire to please others
- **We might not even know where to start! How do we clearly state our boundaries?**

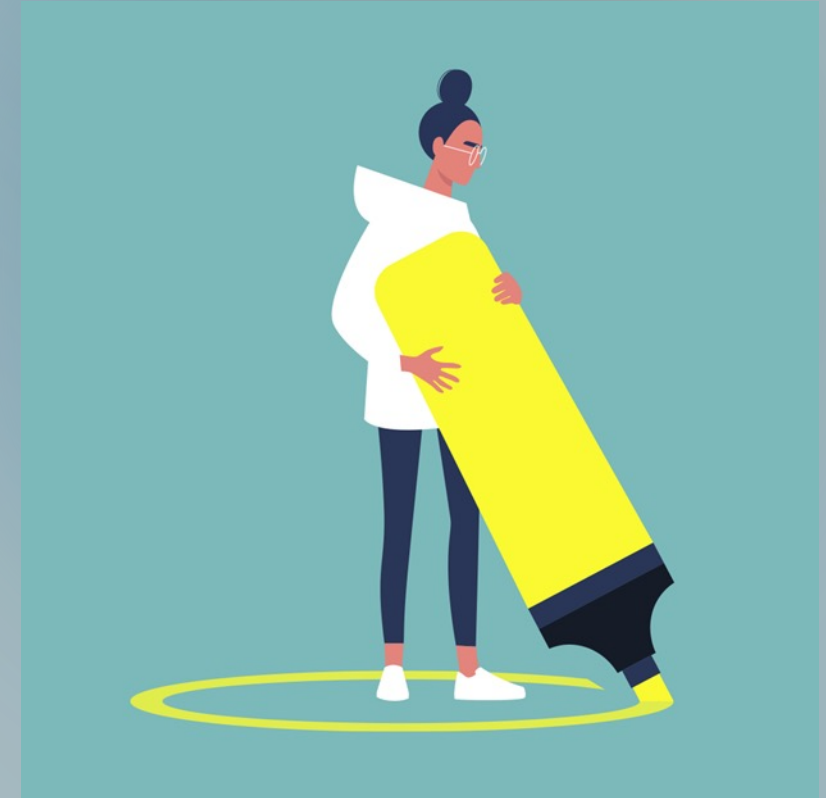


HOW TO SET BOUNDARIES

Create clear guidelines, rules, limits that will protect your emotional, physical, mental wellbeing

Honors personal needs and wants to ensure that we feel safe and are respected

- Name your limits
- Openly communicate your needs (uphold and reiterate if needed)
- Don't be afraid to say NO (No is a complete sentence 😊)
- Take time for YOURSELF
- Practice setting a boundary. What would you say to the person? What limit would you set?





ENVIRONMENTAL SELF-CARE

- Paying attention to your environment
 - Engage with your 5 senses (smell, touch, see, taste, hear)
- Create/rearrange spaces where you feel relaxed
- Going to places that are relaxing
 - Creating a calm corner of your room where you can relax
 - If you need to be in spaces that you are uncomfortable in (like sitting in traffic in your car) trying to bring something with you to help remind you to take care of yourself (music, something you hang on your rearview mirror etc.)
 - Walk on the beach
 - Studying in a coffee shop



SPIRITUAL SELF-CARE

- Finding activities that give you a sense of meaning and purpose
- Rituals and ceremonies- what do you do on a daily or weekly basis to check in with your spiritual self

- Prayer
- Meditation
- Volunteering
- Spend time in nature/outdoors
- Find community (similar interests)

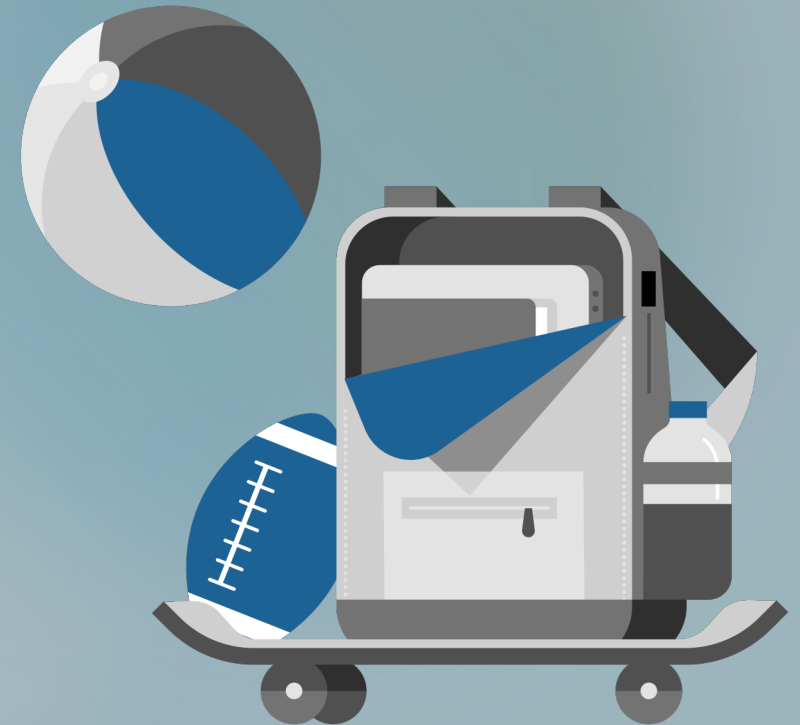


RECREATIONAL SELF-CARE

- Activities and hobbies that bring you joy, fun, and relaxation
- Take time to:



- Read
- Play video games
- Do- nothing, have a lazy day
- Go to a party
- Play sports
- Ect...



SOCIAL SELF-CARE

- Build relationships and connections with the people around you
- People who have strong connections to their communities tend to have better mental health outcomes
- Take time to enjoy your relationships with family and friends
 - Call an old friend
 - Write a letter
 - Invite friends over for dinner
 - Go to a party
 - Interact online
 - Etc....



DEVELOP YOUR OWN SELF-CARE ACTION PLAN

Time Management



BENEFITS OF MANAGING YOUR TIME



- Balance your time and all responsibilities/activities



- Productivity



- Don't miss assignment deadlines



- Plan enough time to prepare for exams/assignments



- More time for fun/activities and self-care



- Decrease stress/anxiety

TOOLS FOR TIME MANAGEMENT

- Planner (Digital/Physical)
- Calendars
- Pens/Highlighters
- Sticky Notes
- Apps





Types of Planners

- Physical Planner (Monthly/Weekly/Daily/Combination)
- Digital Planner (Phone/iPad/Laptop)
- Notebook
- Other

PLANNER TIPS

Find a planner that works for
YOU

Look at it often

Transfer
deadlines/assignments at the
beginning of the semester

Plan your weeks each week –
short-term and long-term
planning

Create a system (color
coding, symbols, etc.)

Create to do lists and choose
achievable deadlines

Keep it up to date and keep
it with you

Use it!

September 2021 (United States)

October 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6 • Labor Day	7	8 LP 1	9 HW 2	10 Rd CH 1-3 Quiz 1	11
12	13 Essay 1	14 HW 3	15 LP 2&3	16 HW4 Journal	17 Rd CH 4-5 Quiz 2	18
19	20	21	22 LP 4	23 Exam 1	24 Presentation	25
26	27 Essay 2	28	29	30	1	2

• Federal Holidays • Local Holidays • Multiple Events

Key: Math 101 Phil 110 GEL 101
 GEW 101B GE0 102

WEEKLY STUDY SCHEDULE

CSUSM Weekly Study Schedule

GEL 101
MATH 30
GEW 101

3x2=6
3x4=12
3x3=9

12 + 33 = 45 Hours/Week

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 a.m.							
2:00 a.m.							
3:00 a.m.							
4:00 a.m.							
5:00 a.m.							
6:00 a.m.		Wake up & breakfast					
7:00 a.m.		Commute					
8:00 a.m.	Shopping Chores Family						Work
9:00 a.m.		HIST 130	HIST 130	HIST 130	HIST 130		
10:00 a.m.		GEL 101		GEL 101		GEL 101	
11:00 a.m.			GEW 101		GEW 101		
12:00 p.m.			U-Hour/Flex		U-Hour/Flex		
1:00 p.m.							
2:00 p.m.		MATH 30		MATH 30		MATH 30	
3:00 p.m.		Study				Commute	
4:00 p.m.						Work	
5:00 p.m.							
6:00 p.m.	Dinner						
7:00 p.m.							
8:00 p.m.							
9:00 p.m.	Prep						Dinner
10:00 p.m.	Sleep						
11:00 p.m.							
12:00 a.m.							SLEEP



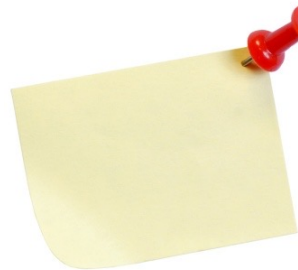
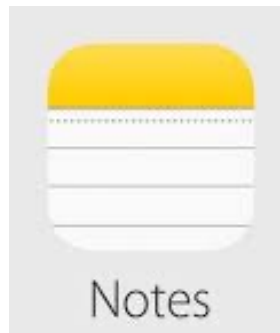
Fall 2020 Schedule 1

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	A	B	C	D	E	F	G	H
1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	6:00 AM							
3		Run/Workout		Run/Workout		Run/Workout		Run/Workout
4	7:00 AM							
5								
6	8:00 AM						Work	
7								
8	9:00 AM	GEL 101		GEL 101		GEL 101		
9								
10	10:00 AM	Study	Math 101	Study	Math 101	Study		
11								
12	11:00 AM							Groceries
13								
14	12:00 PM							
15								
16	1:00 PM	GEW 101		GEW 101			Study	
17								
18	2:00 PM		Study		Work	Math 1		
19								
20	3:00 PM			Study				
21								
22	4:00 PM	Work				Study		ME TIME!!
23								
24	5:00 PM							
25				Psyc 101				
26	6:00 PM							
27								
28	7:00 PM							



Google Keep



TO-DO LISTS:

Write down the things
you need to do...

SETTING PRIORITIES:

- Tasks/activities you **need** and **want** to do, rank-ordered from most important to least important

	Urgent	Not Urgent
Important	Urgent and Important <ul style="list-style-type: none">• Paper due tomorrow• Apply for internship by deadline	Not Urgent but Important <ul style="list-style-type: none">• Exam next week• Flu shot
Not Important	Urgent but Not Important <ul style="list-style-type: none">• Amazon sale• Laundry	Not Urgent and Not Important <ul style="list-style-type: none">• Check social• TV show

LET'S MAKE A SCHEDULE



ON CAMPUS RESOURCES

CSUSM-SHCS MENTAL HEALTH SERVICES

- Clinical Case Management
- Coping Skills Series
- Individual Therapy
- Couples Counseling
- Group Therapy



HOPE AND WELLNESS

- Mental Health
- Physical Health
- Nutrition Education
- Healthy Relationships
- AOD Awareness
- Sexual Health
- Sexual Violence
- Bystander Intervention
- Outreach during U-Hour



DEAN OF STUDENTS/COUGAR CARE NETWORK

- Provides information, connection to resources, advocacy and support for students dealing with personal, academic, financial, and other challenges.
- Can self Refer by going to: <https://www.csusm.edu/ccn/>
- (760) 750-3387



ASI COUGAR PANTRY (COMMONS 104)

- Access to free groceries once a week
- Variety of food and other basic needs (e.g., diapers) available to all CSUSM enrolled students



CONTACT INFO:

Student Health and Counseling:

(760) 750-4915

Office hours: 8am-4:45pm

www.csusm.edu/shcs

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Personalized Academic Support Services:

(760) 750-6066

Hours of Operation:

Monday-Fridays 8am to 5pm

<https://www.csusm.edu/readiness/pass/index.html>

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SOURCES

[“The 7 Pillars of Self-Care \(And How To Use Them\)” by The Blissful Mind](#)

[National Institute of Mental Health](#)

[5 Common Myths About Self-Care](#)

Mental Health America

<https://usq.pressbooks.pub/academicsuccess/chapter/goals-and-priorities/>