

Self-Care and Stress Reduction

While it can seem that there is a lot to do between classes, work, etc., it is important to spend some time on leisurely activities and things you enjoy. In fact, Cui, Wei, Wu, Cui, and Nijkamp (2018) found that leisure can increase work productivity.

Examples:

- Take a walk
- Talk with a friend/family member on the phone
- Listen to music
- Visit a Peer Counselor
- Yoga
- Eat three servings of vegetables
- Drink enough water
- Play a sport
- Take a 20-minute nap
- Get full 8 hours of sleep at least 3 nights a week
- Meet up with friends
- Meditate
- Do something you find enjoyable
- Read
- Work out
- Play with a dog/cat/animal

Here are three things that I will do this semester to promote my well-being:

1. _____

2. _____

3. _____

One day in the next week that I can do one thing to support my well-being is:

References

Cui, D., Wei, X., Wu, D., Cui, N., & Nijkamp, P. (2018). Leisure time and labor productivity: A new economic view rooted from sociological perspective. Economics Discussion Papers, No 2018-74, Kiel Institute for the World Economy. <http://www.economics-ejournal.org/economics/discussionpapers/2018-74>