

# Taking Care of You: Self-Care as a Strategy for Success



## *Starting the conversation.*

1. Begin by exploring what self-care means to each of your scholars. Invite them to share their experiences growing up and how those experiences contribute to the choices they make about their health + wellness today. Ask them what self-care means to them and share what it means to you.
2. Encourage your students to take the time to notice how they feel throughout their day. Encourage them to notice what their body needs to be productive + focused. Invite them to notice how self-care choices impact their academic abilities.
3. Let your students know it's okay to prioritize themselves. We all have to do it in order to really thrive in life. Ask them how it feels to put themselves into the mix and whether they think they can elevate taking care of themselves higher on their to-do lists. Share with them how you make self-care happen for you.
4. Challenge your scholars to experiment with different self-care habits to find what works for them. Challenge them to pick one small daily habit that they will commit to for the entire semester no matter what. Help them connect with fellow scholars who can provide support + encouragement, as well as stand in as “accountability partners” in their self-care journeys.
5. Invite your students to share what comes up for them when they try to incorporate self-care into their daily routines. Ask them about their most common challenges. Brainstorm ideas for working around these challenges.
6. Be real about challenges that will come up and know that perfection is not the goal. The goal is feeling your best and making choices that support that outcome. Encourage them to be gentle with themselves when they do fall off. Support them in their efforts to resume their healthy habits as quickly as possible.
7. Be a role model for your students and encourage them to be role models for others. Be supportive. Share your success and encourage your scholars to do the same. Be part of this important conversation that will lead to meaningful change.