

# Self-care

Good self-esteem also means a loving and caring relationship with yourself. Sometimes you may forget this or you may have a critical eye on yourself, so it doesn't hurt to remember this once in a while.

## Objective of the exercise:

To learn to be more caring about yourself and your body. In the long term, this will improve not only your self-esteem, but also your physical and mental health.

Here are a few suggestions for more self-care. Of course, there are many more things you can add to the list.

1. Make sure you get enough food, drink, sleep and relaxation.
2. Eat healthy.
3. If you consume alcohol and/or drugs, know your limits.
4. Seek help if you need it, you don't have to do everything on your own, e.g. ask a fellow student for help with a difficult class assignment.
5. Don't impose unrealistic, excessive demands on yourself and your performance.
6. Pamper yourself, e.g. take a long bath, use a good skincare product, go to the sauna, get a massage.
7. Dress in a way that you feel comfortable.
8. Smile.
9. Cancel appointments every so often.
10. Get outdoors in the fresh air.
11. Surround yourself with people who do you good.
12. Play sport that does you good (but don't exceed your limits).
13. Forgive yourself if there's something you haven't managed to do.
14. Take time out for yourself.
15. Make yourself comfortable and relax, especially during stressful study periods.
16. Take breaks while studying.
17. Unwind properly.
18. Try something new.
19. Make your time for your hobby. Find one if you don't have one.
20. Ensure you feel comfortable in your own four walls.
21. Treat yourself. Buy yourself a little something, like flowers for example.
22. Do something with your friends.
23. Set boundaries and say "no" if necessary.
24. ...