Six ways to practise **self-care**

*Part of the series: “Things You Should Know About Mental Health”*

**1 in 3 students experience elevated stress or pressure**

**What is self-care?**

Self-care means taking time to do things you enjoy or that make you feel better, especially when you feel stressed. Self-care can add meaning to your life while also supporting your health.

1. **eat well**
   - Take time for breakfast, lunch, and dinner.
   - Eat more fruits and vegetables, and less unhealthy food.
   - Make water your drink of choice.
   - Make a meal plan for the week, and try to stick to it.

2. **move your body**
   - Try to stand up, move around and use your muscles. Increase your heart rate for at least 30 minutes every day.
   - Find a friend and try walking, riding a bike or taking an exercise class.
   - Try working out at home: Use an exercise app or workouts on YouTube, or turn chores into exercise.

3. **pay attention to yourself**
   - Aim for a balanced lifestyle as much as possible.
   - Try to identify the things in your life that help with your mental and physical health, and those that don’t.

4. **sleep well**
   - Aim for eight to 10 hours of sleep each night. Try to go to bed and wake up around the same time every day.
   - Create a relaxing bedtime routine.
   - Try reading a book or meditating.
   - For an hour or two before bed, use a blue light filter on your devices (or put them away).

5. **slow down**
   - Set a time each day to do something relaxing.
   - Go for a calming walk or take a few slow, deep breaths.
   - Learn a new skill, join a club or try a new activity.
   - Write in a journal, draw or play music.

6. **talk to people**
   - Share what’s on your mind, especially if you are finding things challenging.

**Self-care is for everyone**

**Sources:** The Ontario Student Drug Use and Health Survey (OSDUHS); Canada’s Food Guide: Make water your drink of choice