



Graduate Students and Self-Care

Graduate students can be under a lot of stress and pressure due to different, demanding roles. As you think about returning for a new semester or even beginning a new week, it can be beneficial to develop a **Self-Care** plan. Self-Care holds different meanings for different people, but the key quality of **Self-Care is that it be intentional**. One way to think about self-care is your personal way to center yourself or recharge your own energy. Areas of self-care can include physical, mental, emotional, spiritual, professional, relational, or cultural experiences. **When we don't make time for self-care, stress can build which can lead to increased anxiety, depressed mood, or burnout.** It is important to identify self-care routines that represent your personal values and attune to your own needs for re-energizing.

Consider these questions when creating your Self-Care plan:

1. In what areas of my life do I feel overwhelmed, low energy, or increased stress?
 - Ex. Work, school, a relationship, physically, spiritually, or culturally.
2. What recharges my energy when I feel depleted?
 - Ex. Exercise, reading, setting more clear boundaries, cooking, praying/meditating, music, arts/crafts, or engaging in an activity that validates my cultural identity.
3. Where do I feel most relaxed?
 - Ex. At home, at the park, in a coffee shop, or at the home of a friend or family member.
4. When do I feel I can make time for self-care?
 - Ex. In the morning before work/school, during a lunch break, or in the evening.
5. How often do I need to engage in self-care?
 - Ex. Once a week, once a month, or every 2 weeks.

It is not always helpful to wait until stress starts to build. Rather, **consider incorporating self-care as a regular part of your routine.**

The Counseling Center

www.loyola.edu/counselingcenter/graduate_students

To make an appointment or for more information about our services call: **410-617-CARE (2273)**

Where to find us: Stop by our office in Humanities Center 150, on the Evergreen campus.

