SUGGESTED SELF-CARE STRATEGIES

WORKPLACE OR PROFESSIONAL SELF-CARE

- Allow for breaks during the workday
- Plan enjoyable activities for after the workday and at weekends
- Engage with peers and colleagues
- Create a calm environment to complete tasks
- Participate in projects or tasks that are exciting and rewarding
- Practice ability to set limits/boundaries and say "no" to extra responsibilities
- Arrange work space for comfort
- Negotiate academic and non-academic needs
- Participate in peer support groups

PSYCHOSOCIAL AND SPIRITUAL SELF-CARE

- Make time for self-reflection
- Engage in counselling or psychotherapy
- Keep a diary
- Make time for the things that give your life meaning
- Nurture aspects of your identity that are not linked to your PhD
- Do something in which you are not an expert or in charge
- Accept help and support from others
- Allow for contact and quality time with people inside as well as outside of academia whose company you value
- Negotiate academic and non-academic needs
- Participate in peer support groups
- Notice/appreciate yourself and the things you like about yourself
- Engage with literatures that are unrelated to work (including re-reading your favourite books and re-watching your favourite films)
- Identify and engage in comforting activities, objects, people, relationships and places
- Try to allow yourself to feel and express your emotions (laugh, cry, etc....)
- Spend time outside
- Participate in a spiritual community
- Cherish own optimism and hope
- Meditate/pray

PHYSICAL SELF-CARE

- Eat regularly and have a healthy varied diet
- Exercise regularly
- Get regular medical care for prevention and treatment of health problems
- Take time off when sick
- Dance, swim, walk, run, play sports, sing or do some other physical activity that is enjoyable to you
- Take time to be intimate with others
- Regularly get a good night sleep
- Take holidays, day trips or mini-breaks
- Wear clothes you like and enjoy wearing
- Make time away from phones and computers
- Try new activities you always wanted to try

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