

# Make Yourself a Priority

## Simple Ways to Sneak in Self-Care

### What is Self-Care?

#### Consider what brings you **Joy**

- Motivates or re-energizes you?
- What food makes you feel nourished?
- What makes you laugh or smile?
- Who *'fills your cup'*? Who motivates you?

### How to Prioritize Yourself

#### **Simplify It**

##### Nourishment

- Take the time to fully **enjoy** your food rather than working through meal breaks. Allow yourself to **experience** the sensations of nourishing your body, enjoying the flavors and textures with **gratitude**.

##### Movement

- Take a **5-minute break** from your studies to listen to your favorite song, dance, sing, or doodle something creative.
- Try a **5-minute workout** while your food is heating up.

##### Rest

- When you reach the point of the night where you have become less effective in your work because you're tired, **it is time to sleep!**
- Take 5-10 minutes between responsibilities to meditate or just close your eyes and breath.

##### Connect

- Call or video chat with **someone special** in the car, on the bus, or during lunch.
- Talk to someone about how you are; **be honest** with yourself and them.

This is Self-Care

- **Checking in** with yourself to listen to what your body and mind needs will increase your effectiveness during your work and studies.

This is Self-Care

- Check In: Have you had enough **Water** today?

This is Self-Care

- **Gratitude** lowers stress which gives you clarity and helps you make effective decisions.

This is Self-Care

- **Brain Breaks** are essential for retaining information and staying energized.

This is Self-Care

- **Connecting** to your community, to people who you can relate to and speak openly with is an important element of self-care for students.

**Self-Care *does not need* to be time consuming or expensive.**

**Simply check in with yourself: What do you need?**

**How can you fill that need during a quick break, or during your current task?**

## Connections on Campus

This is Self-Care

### MSU Denver Counseling Center

**FREE** Counseling Services!

Call to Schedule an Appointment: 303-615-9988

➤ **Connect to**  
resources on campus.

### MSU Denver Roadrunner Food Pantry

**FREE** Food for MSU Denver Students!

Visit Tivoli Room 262

Call the Student CARE Center: 303-615-0006

### MSU Denver Health Center

**FREE** Health Services and **FREE** Nutrition Counseling!

Call to Schedule an Appointment: 303-615-9999

### MSU Denver Recreation

**FREE** access to the fitness center and **FREE** gear rentals for outdoor adventures!

Visit: [www.msudenver.edu/recreation/](http://www.msudenver.edu/recreation/)

### MSU Denver Student Care Center

Need any other resources? Visit the CARE Center.

Call: 303-615-0006

Email: [Studentcarecenter@msudenver.edu](mailto:Studentcarecenter@msudenver.edu)

### MSU Denver Tutoring Center

Stress about homework or an upcoming exam?

**FREE** Tutoring!

Visit the Tutoring Center in JSSB or on Teams

Visit: [www.msudenver.edu/tutoring/](http://www.msudenver.edu/tutoring/)

### MSU Center for Multicultural Engagement and Inclusion

For more information on **Identity Based Cohorts**,  
**Campus events**, Student **Gathering Spaces** and More!

Visit the CMEI Lounge in JSSB 237

Visit: [www.msudenver.edu/multicultural-center/](http://www.msudenver.edu/multicultural-center/)

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