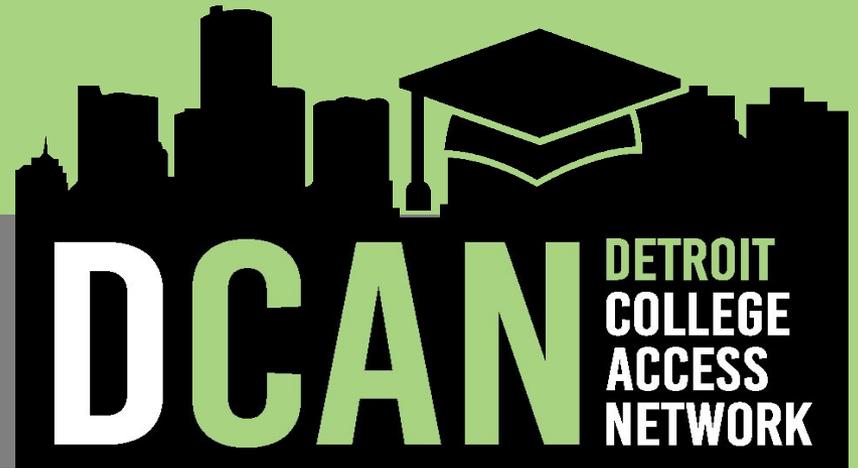


Self-Care

July 16, 2020
Christina Johnson
Self-Care



IMPORTANT!!!

- Please remember to mute your microphones and disable your cameras for the duration of the presentation.
- Now would be a good time to grab a pen and paper to take notes or write down any questions that you may have about this presentation.

Before we begin...



Summer Support Services



Free services for high school and college students, families and adults seeking to enroll in a college career program.

TEXT: DETROIT to 484848



- **Researching Programs**
- **Finding Colleges, & Careers**
- **Completing Applications**
- **The Financial Aid Process**
- **Student Advising Available For Anyone**
- **Virtual Workshops offered**

Contact us today!

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tinyurl.com/SummerStudentSupport2020



About me:

I am a college advisor for the Detroit Regional Chamber. I have been in this role since March 2020.

I have two years experience as a College Advisor for the University of Michigan College Advising Corps. I served as an Americorps Adviser from 2017-2019.



SLIDE TITLE



The Sprouting Sunflower

Self-Care, and why it is important.

- *Self-care* -the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress (Google def)
- *Self-Care is important to practice everyday!*

Sources of stress

- Sources of stress that we may encounter in life may be from school/work, family/relationships, and things that may be out of our control.
- **Healthy** self-care practices helps to cope with the stresses of life.

What are some healthy self-care activities?

There are a multitude of self-care activities that you should consider doing when you need to give yourself a break.

You should try to do at least one self-care activity that you enjoy, every day.

Let's look at a couple of lists of self-care activities.

<https://www.buzzfeed.com/rachelwmiller/best-self-care-ideas-for-practical-people>

<https://kecsac.eku.edu/sites/kecsac.eku.edu/files/files/Trauma%20Informed%20Care%20Self-Care%20Activities%20Handout.pdf>

Let's look at a TedTalk about Self-Care

<https://www.youtube.com/watch?v=Eupk56SG76M>



Key Points from the video

- Self-care is not a reward, it's a right.
- You don't have to trade your mental and physical health for career or academic success.
- Self-care helps to manage your stress and promote your well-being.

Key points from the video continued...

The speaker, Dr. Jackson-Preston lists her own self-care activities:

- Walking/dancing for 30 mins a day 5 days/week
- Writing and Journaling
- Spending time with friends and family
- Being outside in nature

How do we practice self-care while in quarantine?

- Not only is it possible, but it is **NECESSARY** that we practice self-care while in quarantine.
- You can still do activities like catching up with friends and family, and going on walks. Make sure that you **WEAR A MASK** anytime you are outside and around people.

Self-care during quarantine continued...



Self-care during quarantine continued...

- Reading, watching T.V., taking a break from Social Media, or using it as a tool are good ways to practice self care while in quarantine.
- Think of creative self-care activities that are unique to *you!*

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Thank you for joining us!

