



A Moment of Self-Care



How are you currently feeling?

Pretty good/have time for self-care

Bored and/or uninspired

Not feeling my best

Which statement best applies to your current needs/desires?

YES

Have you checked in to make sure your current needs are met?

NOT YET

I want to stimulate my brain

I need a mood boost

I want help to take action

I want space for self reflection

I want to relax

I want to move my body

5-30 minutes

- Drink some water
- Eat a snack
- [Take a power nap](#)
- Take a shower/bath

30+ minutes

- Move your body
- Sleep 7-9 hours tonight
- Cook or order a meal
- Call a loved one

Guide yourself through personalized self-care suggestions from the VU Counseling Center

5-15 minutes

- Watch a TED Talk
- Read a short story or poem

15+ minutes

- Complete a puzzle
- Listen to a podcast
- Watch a documentary
- Start reading a book
- Try a new creative hobby

5-10 minutes

- Listen to a favorite song
- Play with a pet
- [Watch a funny YouTube video](#)

10-30 minutes

- Freshen up by showering or changing outfits
- Call a loved one

30+ minutes

- Move your body
- Sleep 7-9 hours tonight
- Cook or order a meal
- Call a loved one

5-15 minutes

- Make a prioritized to do list
- Tidy up your work space
- Splash water on your face

15+ minutes

- Declutter your room
- Complete a task you've been avoiding

5-15 minutes

- Sit and check in with all thoughts and feelings
- Acknowledge your 5 senses

15+ minutes

- Take a drive
- Journal about your feelings

5-10 minutes

- [Practice muscle relaxation](#)
- [Follow a short guided breathing](#)
- Make yourself a cup of tea

10-30 minutes

- Lay on a hammock
- [Take a power nap](#)
- Wash your face and put on a mask
- Take a shower or bath

30+ minutes

- Take a drive
- [Follow a guided meditation](#)
- Take a long nap