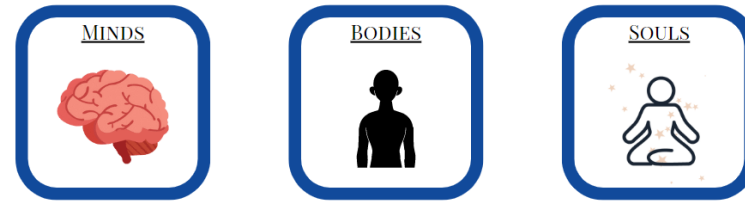


**TREAT
YOURSELF WITH
KINDNESS**

Self Care is doing things to take care of our:



by engaging in activities that promote well-being and reduce stress

Self Care is **Crucial for Mental Health**

In 2019, **82%** of CWU students said they have felt mentally exhausted

— AND —

61% of CWU students said they have felt very lonely



**SELF CARE ISN'T
ALWAYS AESTHETIC**

AND SHOULDN'T BE "FOR THE AESTHETIC"

*Self-care
IS EMPOWERMENT*

Media Has Warped Self Care to Look Like



Painting Nails or Beauty Grooming



Face Masks



Body Care



Movie Night

What it **CAN** look like



Taking a drive



Getting a good night's sleep



Decluttering



Cooking or baking



Calling a friend/family



Talking with a friend



Cleaning



Playing a video game

*You are
ENOUGH*

**And Sometimes, Seeing Someone
is the Best Form of Self Care**

Student Counseling Services *fees included in tuition 509.963.1881 400 E. University Way, Corner of 11th and Poplar

WildcatCare365 *fees included in tuition TimelyCare App

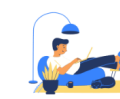
Wellness Center *fees included in tuition 509.963.3213 SURC 256

**Focusing On Your Mental Health
is Important for Overall Health**

IT CAN BE DIFFICULT AND SEEM SELFISH TO OTHERS, BUT PUSHING YOURSELF TO YOUR LIMITS IS NOT HEALTHY AND CAN LEAD TO BURNOUT



CANCELLING PLANS



TAKING A MENTAL HEALTH DAY



SPEND THE EVENING AWAY FROM PEOPLE

**SELF CARE IS
NOT SELFISH**

DO NOT PRINT THIS PAGE
Possible Billboard Format
Decorate as you please

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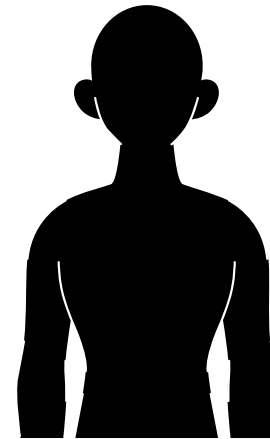


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SOULS

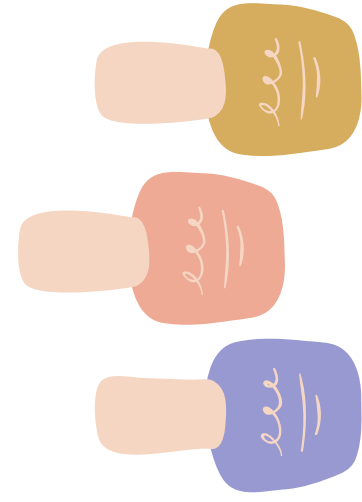


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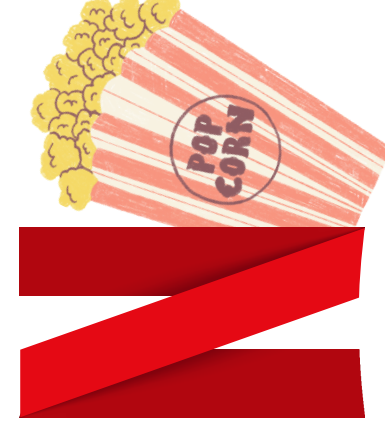
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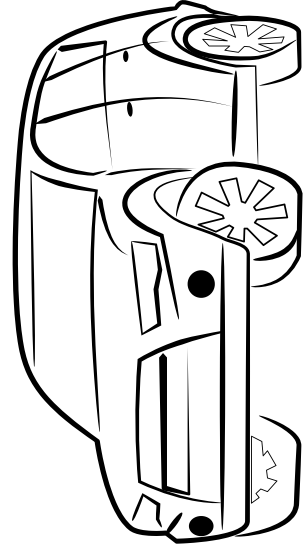
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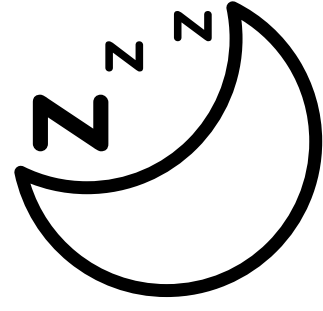
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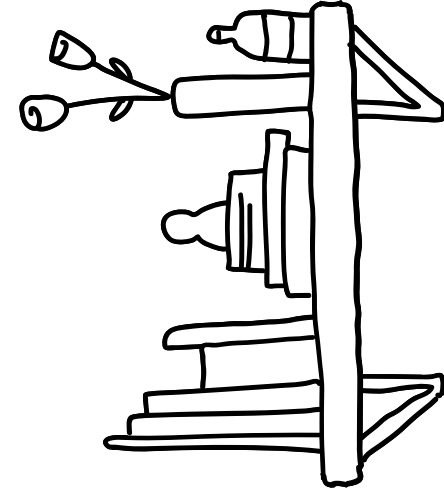




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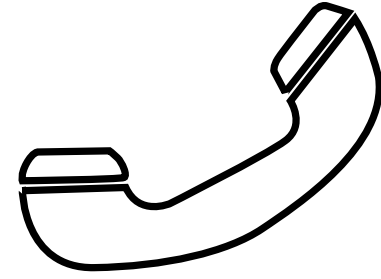
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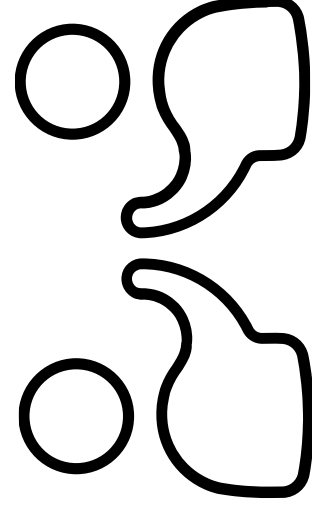
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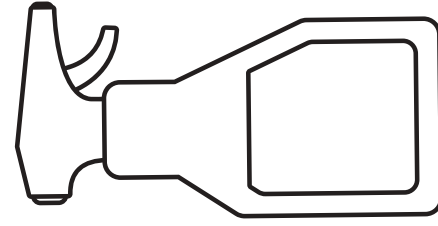
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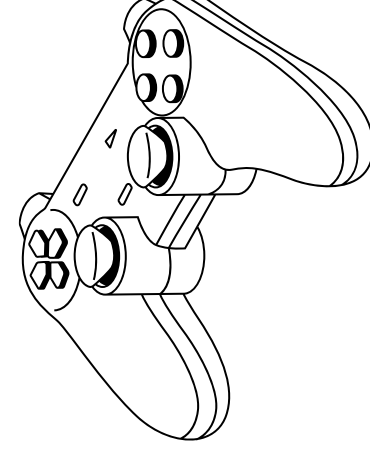
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