WHY TREAT YO' SELF?

5 ways self-care can benefit your life:

ENERGIZE

Self-care allows you to relax, have fun, and re-energize after a long hard day, week, month, or life. When stress happens, you need to recharge so you can tackle the next day or task.

BALANCE

All work and no play makes anyone *stressed*. Self-care means finding a good balance in spending quality time with people you care about, hobbies, or just time alone to Netflix and chill after all that hard work!

PRESENT

Self-care is also a way to be kind to yourself. You do so by providing the time to reward yourself with an act of kindness, such as tv time or a good meal, after all your hard work! ...Or celebrating just surviving the day.

HEALTH

Those who prioritize and routinely self-care will find that they feel healthier, and are less likely to get sick and/or feel less moody. It is a great way to take care of your physical and mental health at the same time!

HAPPIER

Self-care is a great way to keep yourself grounded and happy. It allows you to re-connect to the things that are important, and make sure you have time for *you*!

Learn more. Go to sites.udel.edu/counseling/