Self care can mean:

• Setting personal boundaries
• Balancing your responsibilities, life and play
• Zooming out and looking at the big picture of your life and health
• Complete the Self Care through Destressing & Accepting Range of Emotions Worksheets on our website.
• Practicing short, simple moments of being present while:
  • Giving yourself a small treat
  • Stretching your body
  • Deep breathing
  • Short meditation breaks
  • Reciting a mantra or inspirational quote
  • Being with or talking with friends
  • Reading a book for fun
  • Enjoying ....art, cooking and music
  • Looking and listening to nature
  • Understanding the lasting impact
• Call the Stone Center Counseling Service and schedule an appointment

If you would like to participate in a PTSD screening, visit our Online Screening Page under Resources - wellesley.edu/counseling