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 De-Stressing & 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 Self-Help Resources - wellesley.edu/counseling