



STUDENT HEALTH AND WELLNESS PROGRAMS

STALL TALK: GIFTS of SELF-CARE

The holidays can be stressful, especially for college students.

There's the pressures of finals, finding the perfect gifts for loved ones, and making plans to celebrate, either at home or here with friends. In the end, it's a lot to take on and can cause depression or even anxiety.



We all practice Self-Care differently, here are a few ideas:

- Get some sleep to **rejuvenate** your body & mind.
- **Eat healthy foods** as often as possible for increased energy and a healthier body & mind.
- **Stay active** by engaging in your favorite activity often.
- Practice being mindful to **sooth your tired mind**.
- Try "**HeartMath**" to help regulate breathing and heart rate to reduce stress.
- Set yourself up for success with **SMART goals**.
- Surround yourself with people who **care about you**.
- **Journal** your thoughts, activities and challenges to get a better view of life.

That's where the practice of Self-Care comes into play.

By taking care of yourself, you will find more energy, time and joy in all of the things you do. Self-care is not an indulgence, but rather, it requires a deep understanding of who you are and what makes you feel happy, peaceful and loved.



- **Spend time in nature** or listening to your favorite **music**.
- **Practice saying "No"** to events and people that do not fit your schedule or vibe.
- **Volunteer** for holiday activities & local events.
- **Share traditions or make new ones** with friends wherever you are!
- **Take a self-assessment** to better understand your **mental health**:
<https://screening.mentalhealthscreening.org/hawaii>
- Or an **Alcohol Check in**:
<https://hilo.hawaii.edu/studentaffairs/counseling/echeckuptogo.php>

Pū'ali kalo i ka we 'ole: Taro, for lack of water, grows misshapen. 'Ōlelo No'eau

In an emergency:
Call 911 or
Campus Security:
(808) 974-7911
(x7911 campus phone)

CONFIDENTIAL CAMPUS RESOURCES

Counseling Services
(808) 932-7465
Student Services Building
Room E-203

Medical Services
(808) 932-7369
Campus Center
Room 212

ADDITIONAL RESOURCES

UH Hilo CARE Team
hilo.hawaii.edu/careteam

UH Hilo Title IX Office
Jenna Waipa
(808) 932-7642
<https://hilo.hawaii.edu/titleIX>

CONFIDENTIAL LOCAL RESOURCES

Crisis Line of Hawaii
(24-hour, 7 days)
1-(800) 753-6879

Crisis Text Line
Text "ALOHA" to
741741

YWCA 24-Hour Sexual
Assault Hotline:
(808) 935-0677