

FIRST FOUR WEEKS GUIDE

WEEK FOUR:

Taking Care of Yourself

AFTER A BUSY FIRST FEW WEEKS OF THE SEMESTER, DON'T FORGET THAT TAKING CARE OF YOURSELF IS VITAL!

Self-care looks different for everyone, but here are a few tips incase you're unsure of where to start!

- Make time every day to "recharge" and do something nice for yourself! Whether that be taking 30 minutes to watch a TV show, playing a video game, doing a face mask, going on a jog or getting a treat at the dining halls - making sure to reward yourself for your hard work everyday is essential.
- Stay in touch with people from home! A quick call or text to loved ones back home will let them know how you're doing and keep you grounded.
- Feeling lost in your efforts to de-stress? Think back to what you enjoyed before college. Were you an athlete? Try playing a pick-up game with friends! Do you love music? Check out virtual recitals being held by the School of Music or virtual performanes by JMU's a cappella groups!