



## NONTRADITIONAL STUDENT WEEK 2020

# SELF CARE



### What is Self-Care?

According to the [World Health Organization](#), self-care is "what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure, etc.), environmental factors (living conditions, social habits, etc.), socio-economic factors (income level, cultural beliefs, etc.), and self-medication." There are seven pillars of self-care, according to the [International Self-Care Foundation](#). Learn more about the pillars by visiting their website or clicking the image above.

### Why is It Important?

If these past few months have taught us anything, it is that we need to take care of ourselves. The world is a stressful place, and you are balancing a lot. Be sure to prioritize some activities, just for your own enjoyment. Taking a break from obligations and blocking off some time dedicated just for yourself can help you relax, reset, and prepare to take on the tough stuff.



# STUDENT SPOTLIGHT

**Tia R**

Program: Bachelor of Science in Information Science and Technology



**What have you enjoyed most about your current program?**  
Without question, that would be my academic advisor, Danielle — I would not still be here, with only five classes left to graduate, without her. Danielle's support, encouragement, and belief in my ability to complete this program has been invaluable... This degree has been by far the most challenging to complete, but I've also never had someone like Danielle in my corner at ANY of them... Had I a Danielle when I first started college 30 years ago, I'd have undoubtedly finished this one way back when.

**Why did you choose this program? What is your goal in completing this degree?**  
The fact that I could transfer in credits from both my AAS and AA degrees along with the relatively low-cost tuition and the opportunity to take as many courses per term as I could successfully complete absolutely cannot be beat. No other accredited university with the level of recognition attached to the UW system offers anything like the package that UWM Flex makes available to adult learners. I do not know if I will ever use this degree in my career since I've been very successfully self-employed for the past year and a half, but my goal is simply to finish what I started basically 30 years ago with my very first college course.



[More Student Spotlights](#)



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### Resources to Learn More

#### Selected Websites:

[Coping with Stress during a Pandemic](#)  
[The Importance of Self Care and Self Care Ideas](#)  
[Tiny Spells](#)

#### Selected Podcasts:

[Navigating Emotions and Stress during Social Movements](#) (26 minutes) – [Beyond the To Do List](#) (30-60 minutes per episode) – [What It Takes](#) (30-60 minutes per episode) – [The Habit Coach](#) (5 minutes)

#### Selected Apps (all free with in-app purchase options):

[Happify](#)  
[Fabulous](#)  
[Insight Timer](#)

#### Professional Services:

If you feel that you could benefit from connecting with a counselor, contact your Success coach to connect with your home campus' counseling services.

#### [SilverCloud](#)

is an online behavioral health tool, available to all [University of Wisconsin](#) students, staff, and faculty at **no cost**. Find self-guided programs for anxiety, depression, insomnia, and resilience at any time and from any device.



# STUDENT SPOTLIGHT

## Jennifer B

Program: Master of Science in Data Science



**What have you enjoyed most about your current program?**  
The technical aspect of the classes in this graduate program has been challenging but I am eager to learn more skills and combine them in creative ways. I want to make a positive impact and transform the healthcare system.

#### **Why did you choose this program?**

As a clinical researcher, I work closely with data managers, scientists, programmers, and statisticians. My personal interest in data analytics drove me to seek graduate programs and I was thrilled to see that the University of Wisconsin offers an online program.

#### **What is your goal in completing this degree?**

I am committed to translating the latest science and technology into healthcare solutions. I hope to gain a greater functional understanding of data analytical tools within real-world data. We can transform big data into big insights and better decisions. When we bring together diverse perspectives, new ideas can emerge for perhaps the greatest scientific discovery of our time.



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