

Self-Care & Mindfulness Resources

What is Self-Care?

Self-Care is all about being purposeful in taking time for yourself. It is essential to care for the betterment of your mind, body, and overall wellbeing. Self-care is not about being selfish, but instead about replenishing and refreshing your own wellness in different ways. Self-care can reduce stress and maintain or enhance our health and well-being.

Check out the resources below to learn more about self-care and develop your own plan! Also, check with your Success Coach for other suggestions and resources.

- [Developing a Self-Care Plan from ReachOut.com](#)
- [UC Berkley Health Services Self Care Resources](#)
- [University of Buffalo Self-Care Starter Kit](#)
- [Self-Care Assessment Worksheet from Andrews University](#)
- [Self-Care for the Online Learner from UW Stevens Point](#)

Mindfulness

Mindfulness is a productive self-care practice. Mindfulness is the ability to be present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us. You can learn more about mindfulness below:

- [Mindfulness](#): Resources, exercises, and news related to mindfulness and its benefits for students
- [UW Health Integrative Health](#): Resources and practical exercises to increase mindfulness and reduce stress.
- [Mayo Clinic](#): Mindfulness and its benefits in stress reduction.
- [Mindfulness Audio Files](#): Practices and talks on mindfulness, available for download and use.

SilverCloud

The UW System has partnered with [SilverCloud](#) to help students in this vital area. SilverCloud is an online, self-guided, interactive platform that provides students with a variety of modules addressing anxiety, depression, stress, insomnia, as well as developing greater personal resilience. These modules are available 24 hours a day, 7 days a week and can be accessed through any device at no cost. Each module is self-paced and can be completed at your convenience.

Please note SilverCloud is not intended to replace in-person behavioral health therapy or treatment for those individuals with more complex needs. It is a time-flexible option that is most effective for users who are experiencing mild to moderate symptoms. As such, the application does not require a referral from a mental health or medical provider.

