

Self-Care and Coping skills



Make a warm drink, step out of the office to reframe, wash hands under cold, running water, listen to an upbeat song, drink a glass of water, step outside in the fresh air, text someone you care about, 5 minutes of focused breathing, write down 10 things you are grateful for, dance like crazy, smile, people watch, practise 5 senses grounding exercise.



Write down a positive affirmation, watch a funny YouTube clip, go for a walk, stretch, have a cat nap, call someone you care about, practise a short meditation, spend time in nature, watch a TedTalk session.



Binge watch a funny show, debrief after an impactful story, do an intense workout, read a chapter in a book, listen to a podcast, go on a walk, unplug from technology, practise yoga, journal how you are feeling, call employee and family assistance for support, go for a drive.

*Be gentle with yourself. You are a child of the universe, no less than the trees and the stars.
In the noisy confusion of life, keep peace in your soul. – Max Ehrman*

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