

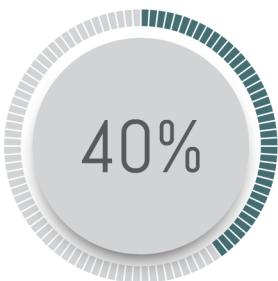


# Self Care & Collective Care

## Building Your Wellness Foundation in College



College can be challenging, so self-care and supportive connections are essential. Investing time in both helps you thrive in the college environment.



40%

Almost 40% of students report experiencing symptoms of depression

(Eisenberg et al., 2023)

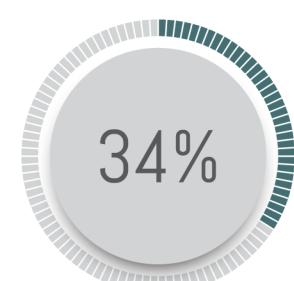
### Self Care

Self-care means intentionally supporting your physical, mental, and emotional health. It includes meeting basic needs, enjoying activities you love, and engaging in spiritual or cultural practices. Self-care looks different across cultures and settings, but regular practice can improve focus, memory, and academic performance.



### Collective Care

Collective care is the idea that well-being is shared. It involves building supportive relationships through friendships, campus groups, activism, or cultural events. These connections help you heal, celebrate, and grow together—and can reduce stress, ease transitions, and support academic success.



34%

34% of students report experiencing anxiety

(Eisenberg et al., 2023)



# ACTIVITY: Exploring Your Self-Care Practices

What self-care practices bring you joy and restoration?

Who supports your well-being, and how do you support other?

What new practices are you curious to explore?

When do you feel most balanced in your academic life?



**Practice:** Take what you learned about yourself from the above reflections and apply it. Fill out the chart below to start creating your self-care and collective care.

*Mind/body/soul; self-care; pleasure-based practices, radical joy, spiritual, religious practices*

*Healing, coming together/ uplifting/celebrating each other; affinity & cultural spaces; church going; community organizing & activism*

Self-care

Collective Care

Radical Acts

Artistic/Creative Expression

Activism

*Create/express through art, spoken word, writing, dance; Enjoy others' work, such as music, theatre; artistic expression; spiritual, ritual, prayer*

*Advocacy/action through affinity groups, clubs, protests, rallies, social media; political organizing, civic engagement; attending conferences & talks; critical dialogue*

\*Adapted from Gomez et al., 2024



# PROCESS: Creating Your Self & Collective Care

## Step 1

### Creating Care Within & Around You

List **self-care activities** across different environments (e.g., school, home, nature, relationships). Think broadly—include things like sleep, movement, journaling, healthy eating, and screen breaks.

## Step 2

### Reflect on these questions:

What are you curious to try?



What practices have helped you most?



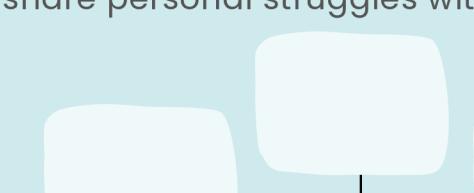


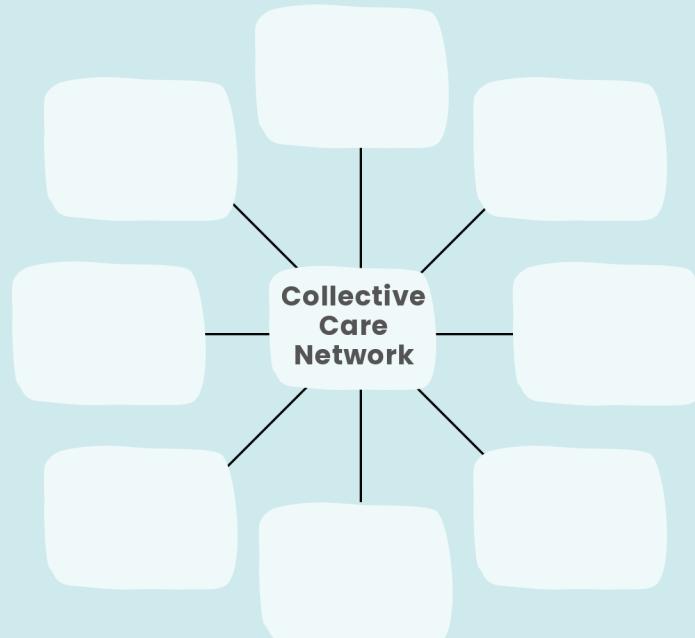
# PROCESS: Creating Your Self & Collective Care

## Step 3

# Map Your Collective Care Network

- Identify people and spaces that help you feel calm or offer healthy distractions—even if you don't share personal struggles with them.
- List trusted individuals you can turn to for support.
- Include professionals like therapists or campus wellness staff.
- Use resources such as your college counseling center or health services.





## Step 4

## Find Your Community

- Join group activities like yoga, art therapy, or campus walks.
- Check your student activities office for clubs and events.
- Visit your multicultural center for identity-based organizations.
- Look for flyers or follow your school's social media for upcoming events.



Jot down a few ideas here:



# Self Care & Collective Care

## Building Your Wellness Foundation in College

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