



THE BENEFITS OF PRIORITIZING SELF CARE AND HEALTHY HABITS



REDUCE STRESS AND BURNOUT

Taking time to get enough sleep and establishing good hygiene and self care habits throughout the school year -and beyond- can help reduce burnout and stress related issues.

IMPROVE YOUR ABILITY TO MAKE DECISIONS

Healthy self care habits improve feelings of anxiety and stress. It can also improve your ability to make decisions, lead, and manage conflicts.

BECOME A ROLE MODEL

Prioritizing self care effectively models these behaviours to your peers and will demonstrate the importance of good habits.

IT CAN BE DONE WITH OTHERS

Self care does not need to be done on your own! Many self care activities can be done with friends or peers. It can be beneficial to join an extracurricular to interact with like-minded people.

IT DOESN'T TAKE AWAY FROM LIFE'S DEMANDS

Self care doesn't need to be time consuming. Try taking some deep breaths, or thinking of 3 things you are grateful for. Even the smallest of actions can have a big impact.

IMPROVES YOUR ACADEMIC PERFORMANCE

prioritising healthy habits can improve your overall health, and in doing so, can improve your academic performance. Prioritize self care as much as you would other important tasks.