




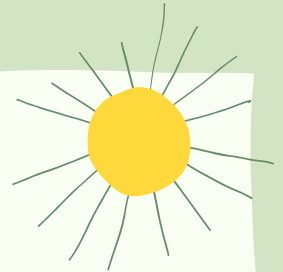
"SELF-CARE" FOR THE WINTER QUARTER

ADOPTED FROM DEANNA ZANDT'S PIECE ON SELF-CARE

(check out her original work here: <https://bit.ly/3z1OoTh>)



A QUICK FIX TO ALL OUR PROBLEMS? THE SECRET TO SUCCESS?



"Self-care" is typically used as a quick and easy fix to when we're feeling stressed, burnt out, or lacking the motivation to do work, go to classes, and hang out with others.

However, it can be tricky to understand what "self-care" can include, and it is also important to understand the difference between *self-care* and *self-soothing*. Let's dive into more details together!

SELF-SOOTHING: WHAT DOES IT LOOK LIKE?

ADOPTED FROM DEANNA ZANDT'S PIECE ON SELF-CARE

(check out her original work here: <https://bit.ly/3z1OoTh>)

ACTIVITIES THAT PROVIDE COMFORT AND DISTRACTION IN DIFFICULT TIMES.



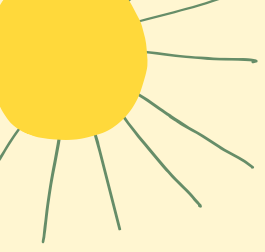
@deannazandt



SELF-SOOTHING IS IMPORTANT

But these activities might not be the best at stabilizing you or moving you forward...

THAT'S WHERE SELF-CARE COMES IN!



SELF-CARE: WHAT DOES IT LOOK LIKE?

ADOPTED FROM DEANNA ZANDT'S PIECE ON SELF-CARE

(check out her original work here: <https://bit.ly/3z1OoTh>)

ACTIVITIES THAT HELP YOU FIND MEANING,
SUPPORT YOUR GROWTH & GROUNDEDNESS.



IT'S UP TO YOU!

Some activities can be self-soothing
for some and self-care for others.

You get to decide!

SELF-CARE CAN TAKE A LOT OF EFFORT

Navigating the cultural norms and systems in which
we currently live can become challenging...

THAT'S WHY COMMUNITY CARE IS ALSO IMPORTANT!

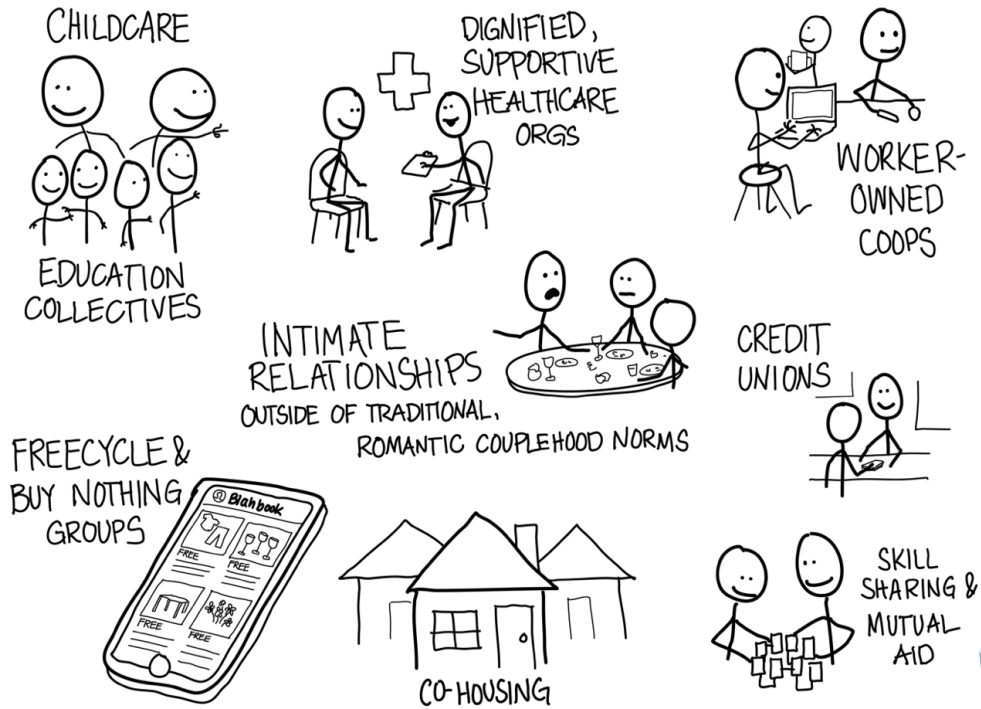


COMMUNITY CARE: HOW CAN OTHERS HELP?

ADOPTED FROM DEANNA ZANDT'S PIECE ON SELF-CARE

(check out her original work here: <https://bit.ly/3z1OoTh>)

STRUCTURES FROM THE COMMUNITY TO SUPPORT YOU IN YOUR SELF-CARE.



COMMUNITY CARE FOR INTERNATIONAL STUDENTS CAN LOOK A BIT DIFFERENT...

You can find support through these campus resources and more:

- **Academic Support Programs:** 1-on-1 meetings with a trained academic success coach to help build general skills for academic success
- **International Pride:** a peer space that meets weekly for you to build community and explore sexual & gender orientations, identities, expressions
- **International Support Services:** offer guidance on F-1 / J-1 visas and immigration policies
- **UW Emergency Aid:** options include grants, emergency food assistance, short-term loans, campus, and community resources
- **LiveWell:** peer wellness coaching helps you enhance well-being, solve problems effectively, & work toward intentional change in your lives and self
- **International Student Health Insurance Program - ISHIP:** office to help with your concerns or questions regarding health insurance
- **Student Legal Services:** law office that provides you with confidential legal advice and representation

WE'RE HERE FOR YOU!

Feeling stuck or unsure about where to start to feel better?
Reach out to CIRCLE--we will help you get started!

You can...

- Ask us about our social and cultural events for the quarter
- Have a chat with Linh, our student success and well-being coordinator
- Take a look at our website and calendar:
<https://www.washington.edu/circle>
- Email us at uwcircle@uw.edu

SELF-SOOTHING AND SELF-CARE ACTIVITIES ARE IMPORTANT TO YOUR WELL-BEING BY ENHANCING YOUR SATISFACTION, MEANING, AND MOTIVATION.

AT THE SAME TIME, ENGAGING IN **COMMUNITY CARE** AND BUILDING COMMUNITY CAN PROVIDE YOU WITH A SAFETY NET TO EXPLORE AND GROW ALONGSIDE OTHERS.

ALL OF THESE TYPES OF CARE CAN BE IMPORTANT AS YOU NAVIGATE THIS WINTER QUARTER. AS ALWAYS, OUR DOORS AT CIRCLE ARE OPEN FOR YOU.

