



UNIVERSITY OF EVANSVILLE

Office of Counseling Services

WELLNESS NEWSLETTER

October 2020

Featured Quote:

Taking care of myself doesn't mean 'me first.' It means 'me too.' – LR Knost

Self-Care 101

Self-care is the mindful act of taking the time and caring for yourself. Seems simple, yet so many of us don't do it enough. We feel like we don't have the time or see this as a selfish act. However, this couldn't be further from the truth! Here are some ways to ensure better self-care:

1. **Know your limits** – recognize when you're doing too much and try to figure out how to slow down
2. **Rest** – This means getting enough sleep and knowing when to rest our mind
3. **Eat** – ask yourself, does what I'm eating provide the energy I need to function?
4. **Decompress throughout your day** – don't wait until the end! This means taking small breaks when needed
5. **Make time for the things you enjoy** – dinner with friends, watch something on Netflix, read a book, go on a hike
6. **Feed your spiritual self** – This could be meditating, praying, attending a religious service, walking in nature, practicing gratitude, or listening to something inspirational

There are many more ways to ensure self-care! If you know more, I challenge you to share at least one with a friend!

Want to Run? Don't Know Where to Start?

If you're new to running or have tried it before and been frustrated, a good way to (re)start is by using a Couch 2 5K (C25K) training program! Here are some "getting started" tips to keep you healthy and on-track when starting a new running program:

1. **Be patient with yourself** – it is easy to feel like you should be able to run a full mile in the first go, but that simply isn't true. You can do this but be patient with yourself as you gain strength and wisdom from the process!
2. **Listen to your body** – Your body will tell you when it's tired, hungry, thirsty, and in pain. There is a difference between "pushing through" and being unwise. If you are in pain, do a self-evaluation and decide if continuing that day is going to do more harm than good.
3. **Set goals** – Have a certain number of miles in mind for today? A certain mile time? A specific map or distance you want to run? To the park and back in a certain amount of time? Setting specific goals will give you something to focus on if boredom strikes.
4. **Don't forget to breathe** – Oxygen is so important! Taking deep, rhythmic breaths will be more beneficial than short, shallow breaths. Your body needs oxygen to survive in general and more so during aerobic exercise.
5. **Partner Up** - Having a partner can be a massive help while learning to run, especially if that person is learning with you. And you don't have to run together to encourage one another to meet goals!

Featured App: Zombies, Run!

A couch to 5k training app that gives a new, haunting meaning to the term "dreadmill."



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