

A Guide To Self-Care Sundays



New Haven , CT

Being a student or scholar at Yale comes with it's fair share of pressure and stress. Often when we are stressed and overwhelmed with school and work, we forget to prioritize our own self-care. In turn, when we forget about taking care of ourselves that trickles into our professional lives and prevents us from producing our best work.

This is why self-care is SO important! So how do you start to prioritize it? We suggest trying Self-Care Sundays. This is popular in many wellness circles (and on social media), and it's a fun and easy way to prioritize self-care.

You can [find some #SelfCareSunday inspiration on our Pinterest Board](#) [1] which will help you come up with your Sunday routine!

Pro Tips:

1. Write down your self-care goals so you can check them off when you accomplish them.
2. Everyone's self-care routine will look different, so don't compare your routine to others. Do what you need to do to take care of yourself.
3. Mix-up your self-care routines! While it's ok to take a Sunday to binge watch a Netflix show, you don't necessarily want to do that every single Sunday. Make sure to get outside, disconnect from screens, and fit in some healthy habits as part of your self-care.

Follow us on [Instagram](#) [2] for more #selfcaresunday tips and tag us in your journey with @yaleoiss and #yaleselfcaresundays!

[Register Here](#) [3]

Visibility: 0.00

On Demand?: On Demand

Sort Date: Saturday, August 21, 2021

End date: Monday, August 16, 2021

Audience: Students

Scholars

Families

Departments

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Links

[1] <https://pin.it/2sxEuT1> [2] <https://www.instagram.com/yaleoiss/> [3] <https://yaleconnect.yale.edu/OISS/rsvp?id=1028304>