



# Self-Care in the Moment

Guide yourself through personalized self-care suggestions from the Longhorn Wellness Center Peer Educators.

## How are you currently feeling?

Pretty good/have time for self-care

Bored and/or uninspired

Not feeling my best

Which statement best applies to your current needs/desires?

YES

Have you checked in to make sure your basic needs are met?

NOT YET

I want to stimulate my brain

I need a mood boost

I want help to take action

I want space for self reflection

I want to relax

I want to move my body

5-15 minutes

5-10 minutes

5-15 minutes

5-15 minutes

5-10 minutes

5-15 minutes

5-30 minutes

- Watch a TED Talk
- Read a short story or poem

- Listen to a favorite song
- Play with a pet
- Watch a funny YouTube video

- Make a prioritized to do list
- Tidy up your workspace
- Splash water on your face

- Sit and check in with all thoughts and feelings
- Acknowledge your five senses

- [Practice muscle relaxation](#)
- [Follow a short guided breathing](#)
- Make yourself a cup of tea

- Sit or walk outside to get some fresh air
- Stretch your body

- Drink some water
- Eat a tasty snack
- [Take a power nap](#)
- Take a shower or bath

- 15+ minutes**
- Complete a puzzle
  - Listen to a podcast
  - Watch a documentary
  - Start reading a book
  - Try a new creative hobby

- 10-30 minutes**
- Freshen up by showering or changing outfits
  - Call a loved one

- 15+ minutes**
- Declutter your room
  - Complete a task you've been avoiding

- 15+ minutes**
- Take a drive
  - Journal about your feelings

- 10-30 minutes**
- Lay on a hammock
  - [Take a power nap](#)
  - Wash your face and put on a sheet mask
  - Take a shower or bath

- 15+ minutes**
- Take a walk outside
  - Follow a workout video
  - Play a sport or do an activity you enjoy
  - Go for a bike ride

- 30+ minutes**
- Move your body
  - Sleep 7-9 hours tonight
  - Cook or order a meal
  - Call a loved one

- 30+ minutes**
- [Listen to a new playlist](#)
  - Go to coffee shop and sit outside
  - Watch an episode of TV

- 30+ minutes**
- Take a drive
  - [Follow a guided meditation](#)
  - [Take a long nap](#)

If you need more urgent support, the [CMHC Crisis Line](#), [UHS Nurse Advice Line](#), and [BCCAL](#) are great resources to start with.



The University of Texas at Austin  
Longhorn Wellness Center

Counseling and Mental Health Center & University Health Services