Self-care, Not Self-sabotage

It is mid-semester again, how are you managing differently now from last semester?

An increase in stress is often connected to a decrease in self-care. Have you been missing out on your leisure activities and feeling lethargic or staying up late for a few nights in a row resulting in being not as productive the very next day?

It’s time to make a decision to stop these self-sabotaging behaviours and start prioritizing your physical and psychological self-care now!

Remember that a ‘treat’ does not have to be unhealthy and relaxing does not have to mean lazy.

Consider receiving counselling support

How does self-care look like to you? What would be one small step you can take to care for yourself?

To access our Online Self-help resources

University Wellbeing Centre | University Health Service Level 2
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