# What is self-care & why is it important?

A webinar to teach you about the positive impact of healthy routines on your mental and physical well-being, as you navigate college-life.

**WEBINAR**
**Tuesday, December 7**
**12:00PM**

**1** Physical self-care focuses on how to take care of your body.
Examples: increased exercise and healthy eating.

**2** Mental self-care focuses on how you think, feel, and behave.
Examples: Good sleeping habits and practicing mindfulness.

**3** Spirtual self-care allows you to think in ways bigger than yourself.
Examples: meditation, being in nature or a place of worship.

**4** Emotional self-care focuses on taking care of your emotions.
Examples: time to connect with family & friends, appointments with your academic advisor, meeting with a therapist.

**5** Professional self-care focuses on your academics.
Examples: time management, creating to-do lists, completing assignments, unplugging from social media.

**Questions or to RSVP**
**Contact Julissa Gonzalez**
**585.685.6163**

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