

## Personal Growth Series

Brought to you by **SUTD Wellbeing Services**  
Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



**Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.” Parker Palmer**

**Tips on how to develop better self care more effectively:**

**We may ask one another to “take care” but do we really walk the talk? Do we, for instance, make conscious and consistent effort to ensure that we receive adequate nutrient, rest or exercise?**

**Food, sleep and active lifestyle are known to be basic health needs. It is thus unfortunate that many of us are depriving ourselves of the very things that we need for a healthy mind and body.**

**Though we often cite personal or interpersonal issues or challenges as reasons for not being able to practise self-care, we could better equip ourselves with healthy ways to managing these stressors so that self-care becomes a way of life rather than an option.**

**SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.**

**If you would like to see a Counsellor to discuss any issue or challenge, please email us at [wellbeing@sutd.edu.sg](mailto:wellbeing@sutd.edu.sg).**

- ❖ **The first step towards self-care is to recognize its importance. Some of us feel guilty about meeting our personal needs due to its perceived selfishness. But unless we make time and take steps to ensure our wellbeing needs are first met, we are not likely to meet the needs of others.**
- ❖ **The next thing is to acknowledge that the responsibility of self-care falls on the individual. Other people may provide care and support from time to time, but we may not want to develop a dependence on them to meet our wellbeing needs.**
- ❖ **We may tend to neglect self-care when under duress. Thus, stress management is integral to self-care. When a deadline looms or pressure mounts, this is really not the time to cut back on sleep, exercise or hobby, but to respond to the stressor so that the negative signs and symptoms do not take a toll. We could develop better coping mechanism or even seek professional help.**

*Self-care is not about self-indulgence, it's about self-preservation.*

*– Audrey Lorde*

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