

The Importance of Practicing Self Care in College Students

Self care habits and why they are so important especially for college students

By Paige Platt, Staff Writer

According to the American Institute of Stress, today's college population is experiencing stress at unparalleled levels. Eight out of ten students report dealing with it frequently.

Common stressors college students face can be financial struggles, academic pressure, social anxieties, time management and many other concerns.

"Some ways I prioritize self care is picking a day of the week to collect myself and prepare for the upcoming week," said Alice Abrahamson, freshman at Appalachian State. "I do this by journaling and checking in with my mental health."

Some common effects of stress can be seen mentally and physically. These can be shown in ways such as anxiety, irritability, depression and anger, headaches, upset stomach, acne and more.

"I think that allowing students to have mental health skip days would be a positive way to promote mental health and self care," said Maggie Janney, senior at Western Carolina. "I think providing mental health and self care events during occasional school days would also promote the culture of self care"

Prioritizing self care may look different for each student. But when creating a routine it may start with prioritizing sleep. An article published by Harvard states that over 50% of college students get less than seven hours of sleep per night. Sleep deprivation can lead to these stressors and create for an unhappy college experience.

"Balancing work and school at the same time can be a major college stressor for me," said Ava Guest, junior at Lynn University. "Self care can help by allowing students time for themselves aside from these stressors"

Practice time management, use organizational tools such as planners or calendars to manage your time effectively. Fuel your body with foods that provide nutrients and avoid eating only junk foods. Above all, make time for yourself. Go to the beach, take a relaxing bath, write in a diary, or go on a walk with friends. It is most important to find that work life balance.