

Transcript

Title: Student Success Coach - Self-care and mindset

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Year: 2021

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Hi, my name is Judy, this is Mark, and we're here to talk about Self-Care and Mindset

Self-care activities are those you participate in to prioritize, sustain and enhance your physical, emotional and mental wellbeing. This can include, eating well, exercising regularly, having healthy relationships, planning your finances and managing your time.

Mindset consists of a variety of beliefs or ideas we have about ourselves, which can have an effect on our behaviour, outlook on life and mental attitude.

When talking about self-care it is also important to recognise symptoms of stress.

- Check in with yourself regularly.
- How do you feel when you are stressed?
- Is your sleep broken?
- Do you feel anxious?
- Are you neglecting your diet, or your overall health?

Learn to recognise when you are feeling stressed so that you can practice good self-care. Remember that everyone's needs are different, so your self-care activities will also be unique and may even change over time.

Some ways to practice self-care can include physical things, such as regular exercise, a balanced diet, getting restful sleep, and meditation.

You should also make sure that you stay connected to your loved ones and your community – these are people you can reach out to if you need help.

As well as that, you can look after your mental wellbeing by practicing mindfulness exercises, having hobbies, managing your time properly and setting achievable goals when you're carrying out work or study tasks.

A self-care plan is another great tool that can help you enhance your health and wellbeing, manage your stress, and identify activities and practices that support your wellbeing. This will help you to sustain positive self-care in the long-term.

When developing your self-care plan you need to identify what you value, what your day-to-day needs are, and strategies you can draw on if a crisis develops. You can find the link to a Self-Care Plan template at the end of this video.

Student Success Coaches are here to help you. You can email, text or call them to discuss resources and support available to you for your various self-care needs.

We also have listed other student support services and useful resources for your convenience.

Be sure to check out the other videos in this series for more topics to help you succeed in your studies.

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