JACS TORONTO

COURAGE 2 CHANGE

NURTURING YOUR SELF THROUGH SELF CARE

WHAT IS COURAGE 2 CHANGE?

Courage 2 Change (C2C) is a student mental health program created by JACS Toronto, offering educational workshops, a student ambassador program, individual counselling, and a tailored support group for post-secondary students.

SELF CARE : (NOUN) SELF-CARE

Self-care isn't merely a buzzword; it's an essential aspect of caring for your mind, body, and spirit. Although self-care varies from person to person, the foundational principles remain consistent. Take a look at this Courage2Change resource for some suggestions on how you can nurture yourself and effectively manage challenging circumstances.

AM I NURTURING OR NEGLECTING SELF-CARE?

Self-care routines vary from person to person. There's no one-size-fits-all approach to putting yourself first. Here are some indicators to help you recognize if you're effectively prioritizing self-care:

NURTURING SELF-CARE

- Getting enough sleep
- Eating enough and a balanced diet
- Prioritizing daily movement
- Practicing mindfulness
- Seeking support
- Setting boundaries

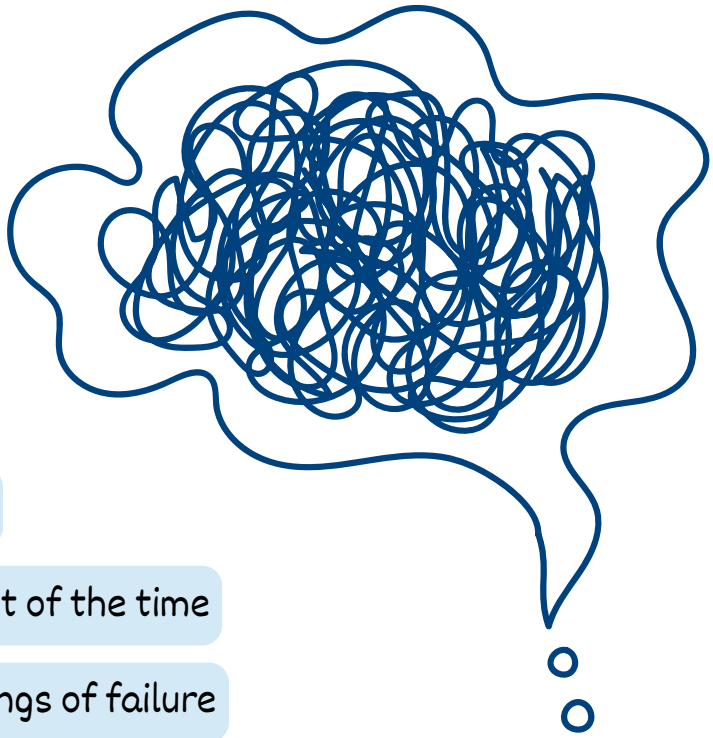
NEGLECTING SELF-CARE

- Irregular sleep patterns
- Using substances or behaviours in place of self-care
- Avoiding social activities
- Not expressing thoughts and feelings to others

SYMPTOMS OF NEGLECTING SELF-CARE

It can be challenging to discern whether you are adequately nourishing your needs. Here are some cues to watch for that may indicate a need for more self-care.

- Backaches
- Headaches
- Loss of appetite
- Disruptions to sleep
- Withdrawing from others
- Difficulty getting things done
- Feeling drained and tired most of the time
- Lowered confidence and feelings of failure



This tool is not intended for diagnosing any mental health condition. It should not be used as a substitute for professional medical advice, diagnosis, or treatment. Its purpose is to provide general information and guidance only.

Need Support? JACS is here to lend a helping hand. Don't hesitate to reach out, even if you're feeling apprehensive.

Email info@jacstoronto.org or call us

IDEAS FOR SELF-CARE

Take a long shower

Channel your creative side

Nourish your body with food

Call a loved one

stretch

seek Further support

ACTIVITIES TO DE-STRESS

Tap into your happy hormones by trying this colouring activity.

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