I AM...
Write your own affirmations.

MORE INFO ABOUT
The Women's Center
@mnwomenscenter
65 Appleby Hall

We strive to advance gender equity across identities. We educate and inspire feminist leaders, advance an empowering intellectual environment, and advocate for an equitable university culture & community.

STOP BY AND REACH OUT!
Love, WMC STAFF

THE WOMEN'S CENTER

SELF CARE is...
TAKING ACTION TO PRESERVE OR IMPROVE ONE'S MENTAL, PHYSICAL, AND SPIRITUAL HEALTH. BUT WHAT MATTERS MOST IS YOU! AND HOW YOU DEFINE IT.

THINGS THAT MAKE ME HAPPY

THINGS THAT HELP ME AVOID BURNOUT & COMPASSION FATIGUE

THE HUMAN BODY TAKES PRECEDENCE. NOBODY PERFECT AND CARING FOR THE BODY, MIND, AND SPIRIT IS NOT SELFISH.

REMEMBER:

- Be kind to yourself.
- Follow positive social media accounts.
- Find your tribe.
- Engage in meaningful activities.
- Practice gratitude.
- Reach out when you need help.