

A landscape photograph of a mountain range under a blue sky with scattered white clouds. In the foreground, there are green and brown grassy slopes with some rocky outcrops. In the middle ground, there are rolling hills and a prominent, rounded rock formation on the right. In the background, more mountain ranges are visible, fading into a hazy distance. A large, white, semi-transparent diamond shape is centered over the image, containing the word "SCULPT" in bold, black, uppercase letters.

SCULPT

college

~~labyrinth~~: (noun)

a complicated
irregular network of
passages or paths in
which it is difficult
to find one's
way.



SELF-CARE:

/self 'ker/



TAKING ACTION TO
PRESERVE OR
IMPROVE ONE'S
HEALTH.

"It's your life, design it well"

~ Bobby Berk



WARNING



Your daily shower
is not self-care

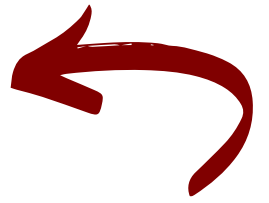
BUT

A relaxing bath is

Why is this?



PRO - TIP



Self-care is an
intentional act
outside of your daily
routine to help one
recenter



Josh Segalewitz '20

How do you practice self-care ?

"I make sure to incorporate small practices that will maintain my sanity while also allowing me to get my work done. This could be taking a quick walk in between homework assignments, or taking 5 minutes to breathe during one of my late night study sessions"



"I like to paint, do crafts,
or go for a walk to get
some fresh air"
- Meredith McDonald '20

"I enjoy listening to
music, face masks,
and baking"
- Jocelynn Inge '21

"Intense cardio, meditation,
and mountain climbing are
my favorite go-tos"

- Logan Zinkhon '19



Check out our

FAVORITE PLACES

To go in Dayton or on campus



**HERITAGE COFFEE
HOUSE**

River Walk

**Fitz Hall
4th Floor**

STUART HILL

**OREGON
DISTRICT**

**Dayton Metro
Library**

**Serenity
Pines**



Jordan McCormick '22

Why do you think
self-care is
important?

"Self-care is important because, in order to take care of others, we must first take care of ourselves. I think that everything flows from our mental well-being; if this is off then so is everything else"



"Self-care is important because it fuels you up to be your best self and rise to your potential"

- Rachel Haselhuhn '22

"Self-care can help you re-center. It's like pressing pause for a moment so that you can come back and be your best self"


- Katie Mulhollen '19

"What we do can take a lot out of us & it's important that we press the refresh button to get back to our full selves"

- Jake Scott '20

"Finding time to decompress is important to your wellbeing"

- Michael Saylor '22



PRO TIP:

SELF-CARE IS PERSONAL

FIND WHAT WORKS FOR YOU! MAKING
TIME FOR YOURSELF IS NEVER SELFISH



TAKE A PEEK AT OUR

FAVORITE MEDIA

To unwind to:

BOOKS:

A Prayer for Owen Meany

The Alchemist

Paper Towns

And Then There Were None

MUSIC:

Ariana Grande

One Republic

Beyonce

Drake

TV SHOWS:

Big Mouth

The Office

Brooklyn 99


Schitt's Creek



Brigid Morgan '22

How do you make time for self-care ?

"I make time for self-care usually
before bed by putting away my
homework around 10:30 pm and
relaxing for about a half hour before
I actually go to bed"



"I try to take an
hour before bed
with no screens
or homework"

- Andrea Hansgen '20

"I schedule an
hour of relaxation
everyday"

- Meg O'Gara '21

"I set a time &
place on my
calendar"

- Gabrielle Bedner '22




THINK ABOUT IT

We make time for the things that are
important to us.

MAKE YOURSELF A PRIORITY





*How you treat
yourself is how
you invite others
to treat you*

STEVE MARABOLI

Want some extra help with self-care? Check out these resources:

Counseling Center
(937-229-3141)

PAVE Chat
(Sign up on 1850 to
chat with a student)

Campus Ministry
(937-229-3339)

Public Safety
(937-229-2121)

RAs

Health Center
(937-229-3131)

FINAL THOUGHTS



MAKING TIME
FOR
OURSELVES IS
HARD BUT
IMPORTANT



TAKE A FEW
MINUTES TODAY
TO RECHARGE SO
YOU CAN BE THE
BEST VERSION OF
YOURSELF



**This edition brought you by the Peers
Advocating for Violence Education
(PAVEs)**