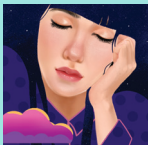
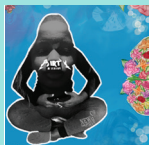


Self-Care

自我关照



What is self-care?

The act of caring for one's health and well-being over time.

These cards contain resources and suggestions for how you might create your own wellness plan and how to help others recognize the importance of self-care practices. We all deserve to be well.

For more information, visit yalechina.org/wellness.

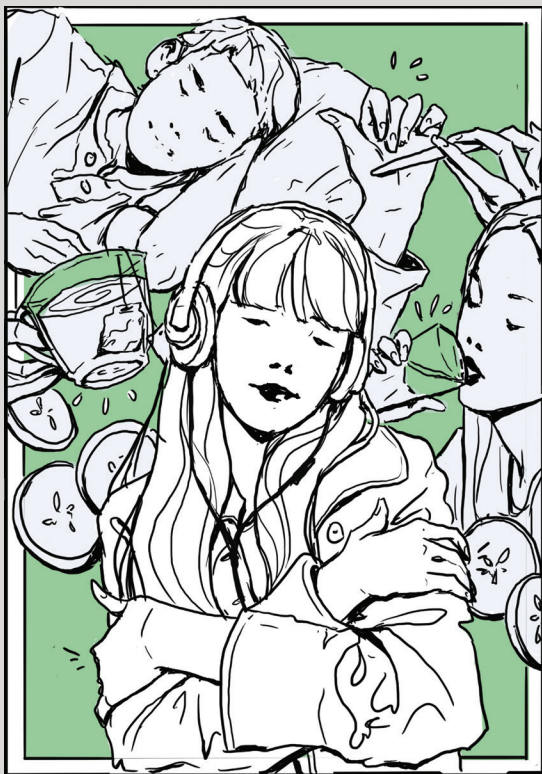
Sponsored by the Yale Community for New Haven Fund with special thanks to Being Well at Yale and the visual arts department at ACES Educational Center for the Arts.

Being
Well at Yale


Yale-China
雅礼协会

aces Educational Center
for the Arts

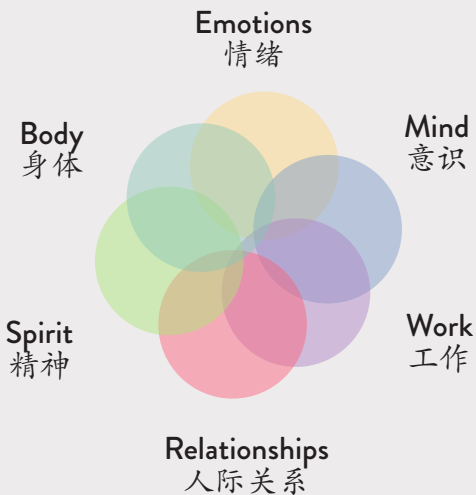




Artwork by ECA artist Ellie C.

Self-care reduces stress
and supports your resilience.

自我关照：减少压力并加强
自身的韧性





Artwork by ECA artist Siobhan E.



Be consistent 持续性

- ▶ **Keep a regular, consistent schedule**
有一个日常持续的计划表
- ▶ **Create structure, routine, and predictability in your day**
让你的每一天有条理，有规律，有预见性

Reduce anxiety 减少焦虑

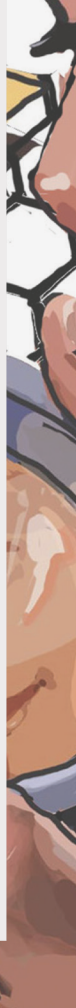


Artwork by ECA artist Ellie C.

Daily Emotional Check-in 日常情绪检查

- ▶ How am I feeling today?
我今天的感觉如何?
- ▶ How is my mood?
我的心情好不好?
- ▶ How is my energy?
我的精力怎么样?
- ▶ What can I do about it?
我该如何调整自己?

Notice, regulate, and
express your emotions
关注，调节并表达自己的情绪





Artwork by ECA artist Liz S.

Take Self-Compassion Breaks 给自己自我疼惜的时间

- ▶ Mindfulness 静观
- ▶ Common humanity 人性共通
- ▶ Self-kindness 自我愉悦

Fuels resilience
增强自身张力



Artwork by ECA artist Kimora C.

Food and Water 食物和水

- ▶ **Keep regular meal times**
保持规律的日常饮食
- ▶ **Eat as healthy as possible**
尽可能地吃健康食品
- ▶ **Watch out for emotional eating**
注意情绪化饮食
- ▶ **Beware of eating out of boredom**
谨防无聊性的饮食习惯
- ▶ **Practice non-judgement around weight**
用平常心去看待体重
- ▶ **Stay hydrated with water**
保持充足的水分
- ▶ **Avoid excess caffeine**
避免过量的咖啡因
- ▶ **Limit sugar-sweetened beverages**
限制含糖类的饮料

Take care of your body
照顾好自己身体



Artwork by ECA artist J. Casiano

Light Exposure 光线的照射

► Get outside 户外活动

Early in the day. 10 to 60 minutes, even on a cloudy day, helps reduce symptoms of depression and Seasonal Affective Disorder
不管天晴与否，每日清晨去户外锻炼10到60分钟，有助于减轻抑郁症和季节性情绪紊乱的症状

► Light therapy 光线疗法

Natural light therapy
自然光线疗法

Mimics natural outdoor light
模仿自然光效

May help with sleep and wellness
有助于睡眠和健康

► Reduce light exposure starting at two hours before bed

睡前两小时减少光线的照射

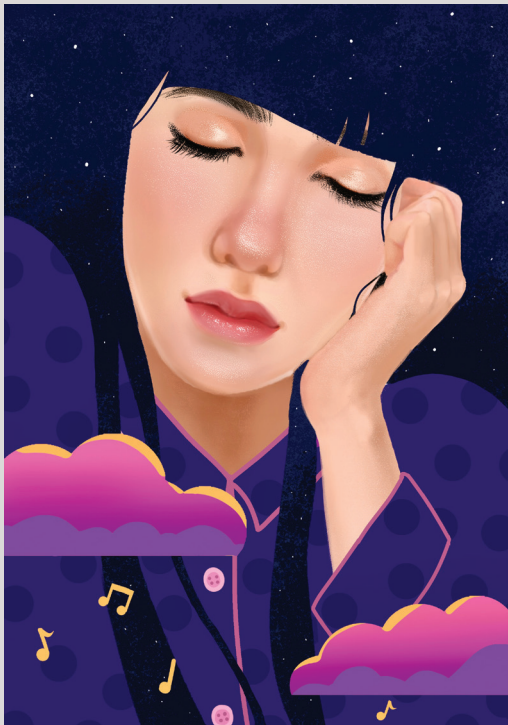
Teenagers are more sensitive to light than older adults

青少年对光线的敏感度大于成年人

Candle light and moonlight do not effect melatonin production

烛光和月光不影响褪黑素的形成

Take care of your body
照顾好自己身体



Artwork by ECA artist Natalie W.

Sleep and Care 睡眠和护理

Aim for consistent sleep/wake times

保持规律的作息时间

Get more sleep whenever possible

尽可能地多睡觉

Let go of judgement when it's not possible

如果睡不着，也不要多想

Turn off all devices at least one hour before bed

至少在睡觉前一小时关掉所有的电子设备

Blue light suppresses melatonin production

蓝色的光线会抑制褪黑素的形成

Dim indoor house lights

昏暗的室内灯光

Helps with natural circadian rhythm

有助于自然昼夜节律

Use calming and soothing practices to help

通过一些平静而舒缓的练习获得帮助

Gentle yoga, stretching, or tai chi

缓和瑜伽，拉伸或者太极

Relaxation or meditation

放松或冥想

Breathing practices or relaxing sounds

气息练习或放松情绪的声音疗法

Take care of your body

照顾好自己身体



Artwork by ECA artist Marinez J.

Movement 活动

- ▶ **Plan time for movement**
计划活动的时间
- ▶ **Outdoors 户外**
Time in nature 回归自然
- ▶ **Indoors 室内**
- ▶ **Daily 日常**
Make a plan and commit to it
制定一个计划并付诸于行动
Put it in your calendar
并把其列入你的日程表
Aim for 30 minutes a day, start with 10
以每天30分钟为目标，先以10分钟为起点。
- ▶ **Personal 个人**
Do activities you like 做一些你喜欢的活动
Involve family, friends, pets
和家人，朋友以及你的宠物

Take care of your body
照顾好自己身体





Artwork by ECA artist Liz S.

Good Will 美好的愿望

- ▶ Look for the good and appreciate it 心存美好且为之珍惜
- ▶ Practice gratitude 学会感恩
List 3 things or people each day for which you are grateful 每天列出三件你为之感激的人或事儿
“I am grateful to _____ for _____.”
我感激_____因为_____
- ▶ Growth mindset 成长型思维 Be a life-long learner to adapt and grow as a person.
做一个终身适应，成长且学习的人
- ▶ Silver linings 慰藉 Find something good in a bad situation 在低谷时找寻美好的人和事儿
- ▶ Do for others 为他人做些什么

Create a positive environment
创造一个积极的环境



Artwork by ECA artist Leah V.

Seek out firm support systems 寻求稳妥的支持系统

- ▶ **Social isolation and loneliness are risk factors for developing mental health challenges like depression**
社交孤立和孤独与包括抑郁症类的不良心理健康状态相关
- ▶ **Educate yourself on how to care for your well-being**
学会如何让自己幸福
- ▶ **Reach out to loved ones**
多与亲朋好友相聚
- ▶ **Talk to people**
与人沟通
- ▶ **Recognize language and cultural barriers**
接受语言和文化障碍

Build positive relationships 建立积极的人际关系



Artwork by ECA artist J. Casiano

Create a Plan 创建一个计划

To feel vital and balanced
去体会活力和平衡

People Support
人们的支持

Family 家庭

Friends 朋友

Psychiatrist/Therapist 心理医生和治疗师

Minister/rabbi 牧师和宗教人士

Support group 互助小组

Day treatment 日间疗法

Community service 社区服务

Physical Self-Care
身体的自我保健

Nutrition 营养

Sleep 睡眠

Exercise 锻炼

Water intake 多喝水

Medication 药物治疗

Supplements 补品

Breathing 呼吸

Mental and
Emotional Self-Care
精神和情绪的自我管理

Positive self-talk 积极的自我暗示

Positive beliefs 积极的信念

Feeling one's feelings 感知自我

Mood journal 心情日志

A library of positive memories 美好回忆的储存

Psychotherapy 心理疗法

Family of origin healing 原生家庭治愈

Working through grief 面对和消解伤痛

Working with a therapist 与治疗师合作

Lifestyle
生活方式

Structure/routine 秩序/规律

Relaxation 放松

Setting goals 设定目标

Fulfilling work 充实的工作

Time in nature 回归自然

Pleasure 愉悦

Spiritual Self-Care
精神的自我关照

Prayer 祈祷

Meditation 冥想

Spiritual community 精神沟通

Forgiveness 原谅

Finding purpose and meaning 寻求目标及意义