

9.24.2021

Self Guided Self-Care

SAINT LOUIS UNIVERSITY - MENTAL HEALTH DAY



CURA PERSONALIS - CARE FOR THE WHOLE PERSON

The Latin term Cura Personalis refers to "care for the individual person" and describes respect for the dignity of each person as a child of God. It leads to the teacher involving the student in the process of learning and expressing personal care for each individual.

This document takes you, as an individual or groups, through options to care for yourself as a whole person - mind, body, and spirit. It is by no means an all encompassing list, so we encourage you to take a moment to do the things that bring you joy and happiness.

INSIDE THIS GUIDE OF SELF-CARE:

Emotional Self-Care

Mental Self-Care

Physical Self-Care

Spiritual Self-Care

GUIDED YOGA



[Yoga for Grief](#)



[Calming Practice](#)



[Yoga for Stress Relief](#)

MINDFUL MEDITATION



[Balance and Grounding](#)



[Inner Peace](#)



[Anxiety](#)

EXAMEN AND MORE



[Jesuit Daily Examen](#)



[Podcasts - Kate Bowler](#)



[Motivational TEDTalk](#)

MISCELLANEOUS

- Call an old friend.
- Watch your favorite TV show.
- Write your emotions on a paper.
- Go for a walk
- Write some poetry.
- Give yourself grace and space.
- Drink lots of water!
- Make your favorite comfort food
- Make a playlist
- Dance, cry, walk, run, MOVE to said playlist
- Teach a friend something new