SELF-CARE AND SUCCESS AT TYMS

What do we mean by self-care?
Self-care is about looking after yourself. It is about paying attention to and catering to the needs of your overall well-being, including your physical, emotional and psychological health. It includes getting enough sleep, eating well, investing in healthy relationships, routines, activities and behaviours, and finding helpful ways to express and release your thoughts and feelings.

What do we mean by success?
Success means different things to different people. It relates to what you value and what you find meaning and purpose in. Academic success may be your priority but your purpose and what you can get out of life goes beyond your degree. Consider what else is important and meaningful to you and make regular time to invest in these things.

1. Spending time on self-care and looking after our physical and mental wellbeing can improve our ability to think, focus, concentrate and to feel motivated towards our study. It can help us to learn. If we feel good, we are more likely to do good. Good self-care increases productivity. Self-care comes before success. Self-care should be a constant and daily consideration, not something we just think of every now and again or once our assessments or course have been completed.

2. Focus on the process and engaging with learning, rather than been preoccupied with fear of failure and trying to be perfect. Getting things wrong or things not working out is part of learning and enables reflection and development. Learn from and to cope with setbacks.

3. Try to accept and be yourself. Focus on your own strengths and qualities rather than judging and comparing yourself to others. Try to develop good relationships with your course peers and learn from others. Regularly try to connect with others. Feeling connected to and accepted by others improves well-being.
4. Life is full of ups and downs. Talk to people about how things are going for you and how you feel. It is a strength to do this and to seek support if you need to. Talking can be really helpful. Be proactive and confront problems and concerns head-on.

5. Try to develop self-awareness (awareness of your thoughts, feelings and behaviours and what influences these) and connect with your emotions. This stuff will help you in life but it is a journey of discovery, so be patient with yourself.

6. People learn, achieve and experience things at different rates. Focus on your own goals and targets and how you will work towards these.

7. Develop a connection and working relationship with your supervisor. Meet and have contact with them at least once per term. Attend and engage with your course as much as possible.

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**Tips for self-care and success**

- Be mindful [www.headspace.com](http://www.headspace.com)
- Employ some self-compassion [www.self-compassion.org](http://www.self-compassion.org)
- Prioritise and take care of your basic and most important needs everyday
- Regular sleep and food consumption are vital to well-being and study activity
- Exercise, be active
- Allow yourself time to relax and rest
- Consider and do what makes you happy [www.actionforhappiness.org](http://www.actionforhappiness.org)
- Manage your expectations of yourself, be realistic. We are not perfect, so do not try to be. To be human is to be imperfect
- Establish a healthy and balanced routine around self-care, study, leisure and social activity
- Make and protect time for activities and people that make you feel good
- Find a hobby that makes you happy and do it regularly
- Try out new activities, do things to help others, be part of a group or society
- Manage social pressure to do things you may not want to do. It is ok to say no
- Be wary of excessive alcohol consumption and other activities that may not be so helpful and bring about problems
- Make plans to look forward to and know when your next break is going to be
- Take the equivalent of 2 days off from your academic work per week
- Try to problem solve and work through problems rather than avoiding them

There are several people you can talk to within TYMS, including your supervisor, programme or module leader, the Student Support Office and Stuart Jackson-Bayles ([stuart.jackson-bayles@york.ac.uk](mailto:stuart.jackson-bayles@york.ac.uk)), who is the Open Door Practitioner within TYMS.