10. Make an Appointment with a Counsellor

If you’re anything like us, you’ve been meaning to schedule an appointment to speak to a counsellor. So, do perhaps the best self-care you can by setting aside a few minutes to stop in or call your school’s clinic. We know, that first step can be really scary but it’s the best thing you can do for yourself and you’ll thank yourself for caring about your future well-being by taking the plunge into a mindful, productive future by finding someone to talk to about your stress and negative feelings.

Whether you’re the self-reflection type or love to surround yourself with friends, what is important is you spend a little time today on YOU!

About our CAMPUS ACCESSIBLE TECH SPACE

We are located at L212 on the second floor of Mills Library near to elevator two, left of the LAS office through the keycard-accessible door.

In the fall of 2018, Mills Library opened the doors to our new Assistive Technology Lab which was named, Campus Accessible Tech Space (or CATS) shortly thereafter through a student naming contest. We seek to provide equitable resources, facilities, and services to foster dignity and independence for members of McMaster University.

Our CATS space is only available to students who have formally registered with SAS. While anyone is welcome to drop in during office hours, to ensure confidentiality, availability, and uninterrupted attention to your inquiries, we ask that you book an appointment by phone or email.

10 self-care strategies to help you de-stress and re-center yourself

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CATS
Campus Accessible Tech Space
Mills Library L212
1. Jam out to your fav playlist and DANCE

Research suggests that dancing also improves your psychological well-being and boosts self-esteem. So, sing in the car, but dance like nobody is watching!

2. Hit the Gym or take a Yoga Class

Exercise in almost any form is a great stress reliever. Get active and get physical to release those feel-good endorphins that help improve your mood and clear your head.

3. Pop on the PS4 or network with Netflix

Take some down time to chill and let yourself relax! Relaxing in general is a great way to reduce the activity of stress hormones and improve concentration.

4. Crafting Helps

Whether it’s the mindful meditation of colouring, gardening, building a model airplane, or knitting a scarf, engaging in the production and completion of a task can be rewarding at a time when you really need to feel accomplished.

5. Get Organized

Like crafting, getting yourself organized is another mindful practice. By cleaning your room or sorting your notes, you are relieving stress and you’ll feel great when you see an end to clutter.

6. Treat Yourself!

Preferably away from something with a screen, take some time to eat a balanced, but enjoyable, meal. Or take a spa day and relax!

7. Laugh Uncontrollably

You know that nice sigh you have at the end of a long laughing fit? The body’s stress response is to react and then cool down, and you can get super relaxed this way!

8. Take a Mindful Walk

Research suggests that 150 minutes of light aerobic activity a week is a great way of mitigating stress.

9. Drown your stress by hanging out

Good relationships are important part of a healthy lifestyle, and confiding in them can give you the boost you need to feel reassured that everything is going to be okay.