

PERSONAL SELF-CARE TIPS

Learn to manage difficult emotions skillfully when going through struggles and challenges.



1. ACCEPT YOUR HUMANNESS

Do you blame yourself when things do not go your way? Sometimes, we become our harshest critic because we set unrealistic expectations for ourselves. In reality, all of us share frustrations, losses, defeats, mistakes, and other unforeseeable events when achieving our goals. Remember,

"Lighten up on yourself. No one is perfect. Gently accept your humanness"
- Deborah Day



2. OFFER SELF-COMPASSION

When a friend is in need, we show compassion through actions and words of encouragement, such as "You can do better next time!". What do you do when you are facing your own set of struggles? Try offering the same actions and words of comfort to yourself, such as the following:

"It's okay to make mistakes. I'm only human. Everyone I know has made mistakes. Let's learn from them and give it another shot again."

"I can bear this. I am strong and I am alive. Tomorrow is another day. Live and learn!"

"What a wonderful thing to imagine that, I am alive, and I have done many things well, and many things with very good intentions."



3. PRACTICE GRATITUDE

When was the last time you felt grateful for someone or something, and reflected on the experience? The practise of gratitude is often overlooked especially when we feel overwhelmed in life. Start to appreciate the small things in life today!

For the next 30 days, repeat these 3 steps until it becomes a habit!



Step 1:
Allow one thing to come into your awareness that you can be grateful about.



Step 2:
Take some time to reflect and embrace this warm feeling of gratitude.



Step 3:
Pen down one thing you are grateful for.

If someone you know may be at risk of suicide or is contemplating suicide, please contact:

**PSB Academy
Counsellor**
6390 9214
Mon - Fri, 8.30am - 6pm
(Closed on PH)

**Samaritans of Singapore
(SOS)**
1800 221 4444
24-hour helpline

**Institute of Mental Health
(IMH)**
6389 2222
24-hour helpline

Alternately, visit www.psb-academy.edu.sg/student-resources/student-care for other 24-hour crisis helplines & community resources.