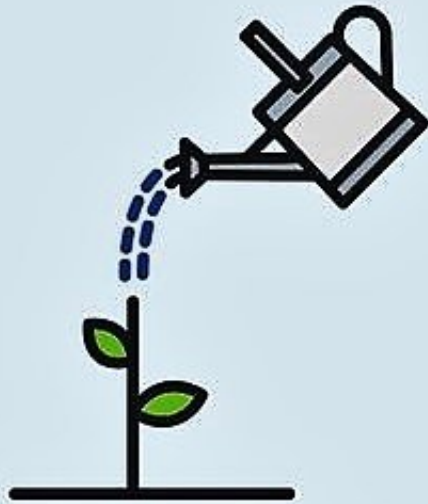


What is Self-Care

Self-care is all about making a conscious decision to prioritize and look after your mental, physical, emotional and spiritual wellbeing.



**YOU GOTTA
NOURISH
TO FLOURISH**

PCE Happiness and Wellbeing Centre SELF-CARE

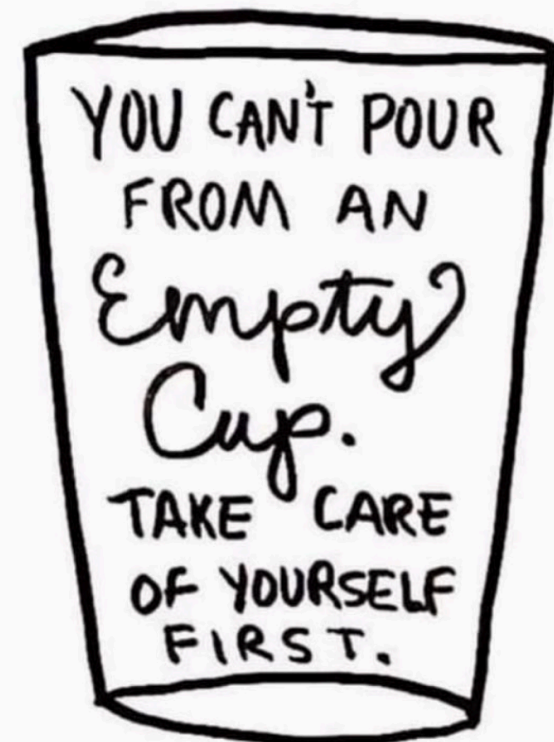


Co-funded by the
Erasmus+ programme
of the European Union



Why Self- Care

Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others. You cannot give to others what you don't have yourself.



Remember to **INCLUDE ALL THE FOUR DIMENSIONS OF SELF-CARE** (See below) in your Self-Care Plan.



How to look after yourself?

Take a minute to examine where you are at in the pillars of self-care and work on the pillars that need more attention. Develop a self-care plan for yourself and put it in action. The plan can be in the form of daily routine, weekly or forth nightly goal.

PRACTICAL WISDOM FROM PLANTS

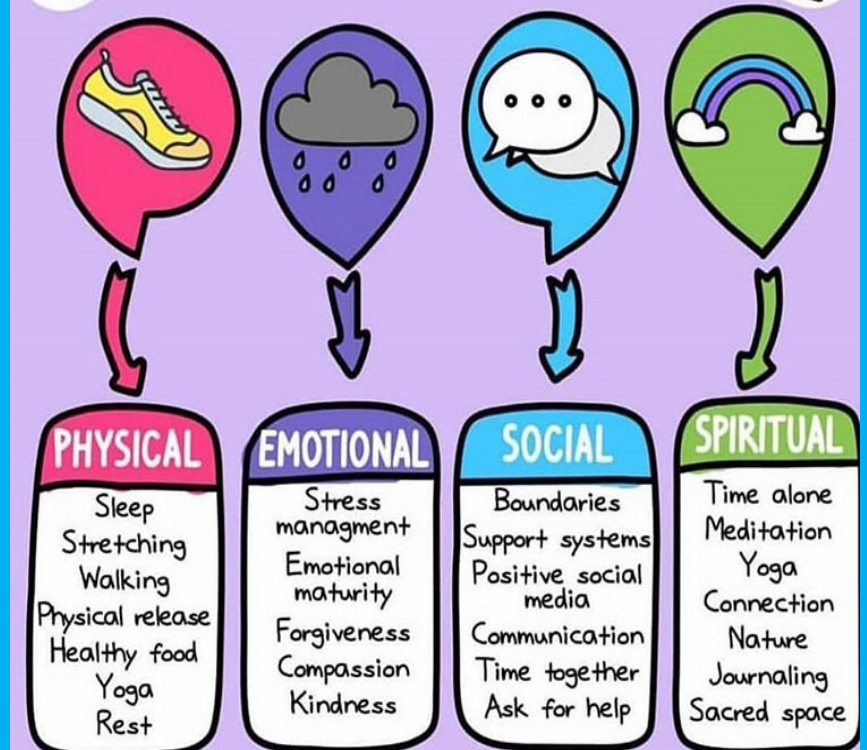


REMEMBER TO STAY HYDRATED



ALWAYS REMAIN GROUNDED

TYPES OF SELF-CARE



For more assistance on self-care, contact the Happiness and Wellbeing

Centre Coordinator:

Sangay Dorji

sangaydorji.pce@rub.edu.bt

Counsellor:

Tempa Gyeltshen

(SSO) +975 17760197

tempagyeltshen.pce@rub.edu.bt

wellbeing Coach (SSO)

Choki Yuden (SSO) +975 1711010

chokiyuden.pce@rub.edu.bt

<https://pce.emcwub.pce.edu.bt/>