

# Self-care for International Students



Roisin Trainor, Health Promotion Coordinator  
Angela Wang, Current Student & Student Minds Project Officer

# Why it is important

- Improved wellbeing
- Reduced morbidity and mortality
- Stress Management / reduce anxiety
- Cognitive function
- Improved memory
- Instill healthy habits

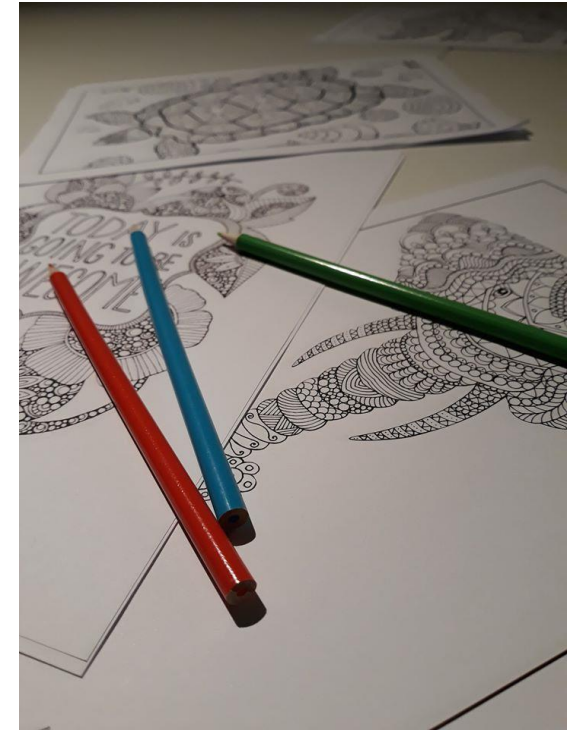
# Self-care at UNSW



# Retreat

space







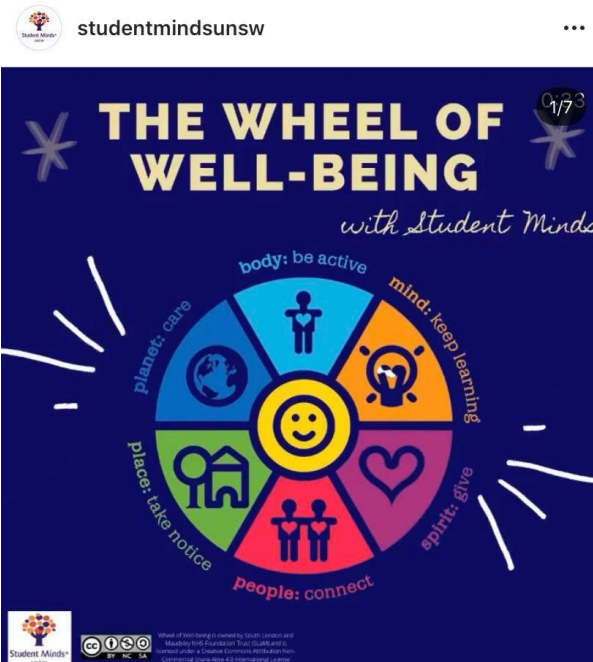
Challenges 6w

## खुद की देखभाल

किए गए कामों पर टिक करें

- दिन में तीन बार खाएं
- तीस मिनट पहले बिस्तर पर जाएं
- एक शांत जगह में ध्यान करें
- एक दिन के लिए कोई सोशल मीडिया नहीं
- आभारी होना
- आगाह रहो
- अपना पसंदीदा गाना सुनें
- व्यायाम
- दोस्त से बात करो
- अपना मनपसंद भोजन बनाएं
- बाहर समय बिताएं, सैर करें
- अपने पसंदीदा वक्ता को सुनें
- एक किताब पढ़ी
- कुछ नया करने की कोशिश करें, रचनात्मक बनें

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#3. It reduces stress

Self-care means relaxing and focusing on what you're doing in the moment. This calms the mind and the body.



## Students on Mindfulness

**Events**

- Events
- Calendar
- Birthdays
- Discover
- Tea & Talk with Arc Wellness**
- Hosting

**JUN 24** Tea & Talk with Arc Wellness  
Public · Hosted by Arc - UNSW Student Life

★ Interested Share ...

3 dates left

<b>JUN 24</b> Wed 12:00	<b>JUL 1</b> Wed 12:00	<b>JUL 8</b> Wed 12:00
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Arc - UNSW Student Life  
Arc Precinct Basser Steps, Kensington, New South Wales 2...

**About** Discussion

**Events**

- Events
- Calendar
- Stress Less Week Online | WK8**
- Birthdays
- Discover
- Hosting

**APR 6** Stress Less Week Online | WK8  
Public · Hosted by Arc - UNSW Student Life

Going ...



## Wellbeing Webinar for BABS Hons Students

Adjusting to the new normal

Join this wellbeing webinar to help maintain health and wellbeing throughout your honours program, with a focus on COVID-19 related issues.

**Friday 12 June, 11am - 12:30pm**

Facilitated by: Roisin Trainor  
Health Promotions Coordinator

# Barriers to Self-Care

- Not a priority – students prioritise their academic performance over self-care.
  - Time is everything
- Stigma – especially for international students
  - Stigma that self-care = selfish
- Lack of awareness about self-care
  - Not all students know what self-care means and it's importance

# Facilitators of Self-Care

- Support – from family, friends, other students, peers and staff
- Being aware of the resources that are available
- Understand the academic impact
- Motivation

# Recommendations

- Show benefits of self-care on academic performance
- Anticipate the barriers
  - How to turn barriers into solutions
- Integrate it into educational programs
  - Short Moodle courses
- Encouragement from Academics (Lecturers / Tutors)
  - 'giving permission' or 'homework'