

the WEAL

Keepin' students in the know since 1926



Navigation



YOU ARE HERE: Home » Opinions » 'Tis the season to unwind: Make time to take care of yourself



OPINIONS

'Tis the season to unwind: Make time to take care of yourself

Aya El-kadri, Weal Writer — December 22, 2018

♥ 0 🗨 0 f t g+ p

It is the end of the year, and SAIT students are swamped with final exams and assignments.

It's no wonder that we all forget to care for ourselves fundamentally and take a moment every now and then to just relax.

"Keeping your mind off of what's going on is a great idea to combat stress," says Samantha Hanson, a legal assistant student at SAIT.

In my experience, if you do not take the time to do something you enjoy, you may end up feeling depressed or at the peak of a breakdown.

You need to have balance when it comes to life; social, emotional, and physical aspects are just as important as course work. Make sure you do what makes you happy and healthy.



Printable PDF [Free]



Ad To View PDF - Download Here

QuickPDFMerger

Learn more

When you take a moment to care for yourself, it can help lower stress levels. Finding a hobby to help you cope can also make a big difference. However, people have different outlets for stress; only you will be able to determine what works best for you.

Activities such as working out, sports, reading, writing, cooking, baking, listening to music, and arts and crafts are only a few hobbies that can be used as healthy coping mechanisms.



Second-year Graphic communications and print technology student Laurence Baculpo enjoys playing video games after spending time finishing his final assignments in Calgary on Monday, Dec. 10, 2018. (Photo by Patrick Concepcion/SAIT)

Joy Vu, a SAIT hospitality student, says she used to deal with stress by playing instruments. Now, Vu says sleeping helps her cope.

Making sure you are getting the right amount of sleep every night is an extremely important part of self-care.



NEW YEAR RESOLUTION for HEALTH - Get all your health products

Ad healthyplanetcanada.com

Learn more



Exercising and ensuring that you are consuming a healthy and balanced diet is also important.

Make time for the things you enjoy, whether you prefer to hang out with friends or to treat yourself to a good comic.

I have gone through several different hobbies myself, because it is easy to get bored with an activity.

Don't give up on yourself, and try not to push yourself too far – depression can cause you to lose interest in things you enjoy. I recommend figuring out what those things are, becoming proactive, and trying new things – you may even surprise yourself.

The holidays are just around the corner, and between holiday shopping and holiday preparation, we tend to forget to take time to unwind.

With the bustle of the end of the year and exams, it's easy to let yourself go and forget what is most important.

Once you find out what makes you happy, and what you enjoy, you may feel a sense of contentment.

Share this:



Like this:

Like

Be the first to like this.

**It's true,
15% OFF**

We care about saving SAIT students money!
Show your SAIT student ID at any participating Southern Alberta NAPA AUTOPRO service centre, and receive 15% off your service. Visit na.paauto.pro to find the closest service centre near you.



Tags: [holidays 2019](#), [SAIT](#), [Winter](#), [yyc](#)



PREVIOUS POST

May all your troubles last as long as your New Year's resolutions

NEXT POST