

# Self-Care Strategies for Faculty

- Prioritize and focus on aspects of your job that make you feel energized. Cultivate the art of saying “no” to focus on what is important to you.
- Control some aspects of your schedule to try to synchronize your circadian rhythms. Exercising and sleeping at predictable times supports your energy.
- Rethink your course design by strategizing to use peer-to-peer review for select activities to allow students to receive supplemental feedback without adding to your workload.
- Schedule reminders during your day to prioritize a walk, meditation, or quick stretch. This will allow you to focus on your own well-being.
- Avoid mindless snacking on junk food. Choose foods that nourish your mind and body; dark chocolate may be associated with cognitive enhancement (Scholey & Owen, 2013).

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