Physical

Eat regularly

Eat healthy

Exercise

Get regular medical care prevention

Get medical care when needed

Take time off when sick

Get massages

Dance, swim, walk, run, play sports, do some other physical activity

Seek out hug or other form of physical connection when you need it

Get enough sleep

Wear clothes that make me feel good

Take vacations

Take physical precautions (i.e. seat belts, helmets, condoms)

Moderate caffeine intake

Take day trips/mini vacations

Make time away from phone/email/internet

Make time for self-reflection

Take time to acknowledge how I think/feel

See a counselor/therapist

Write in a journal

Read books unrelated to school

Try new things/activities

Sometimes say no to extra responsibilities

Regularly check-in on stress level and assess where you could reduce

Engage my intelligence in a new area (i.e. go to an art show, event, theatre)

Be curious

Allow myself to do things that I'm inexperienced or imperfect at

Take appropriate medication if prescribed

Emotional

Spend time with others whose company I enjoy

Stay in contact with important people in my life

Give myself affirmations or praise

Love myself

Re-read favorite books or re-view favorite movies

Identify comforting activities, objects, people, places and seek them out

Allow myself to cry

Find things that make me laugh

Express my outrage in social action, letters, donations, marches, protests

Show gratitude or say thank you

Regular reflect on something positive that happened that day

Set achievable short and long-term goals

Make time for reflection

Spend time in nature

Find a spiritual connection or community

Be open to inspiration

Cherish my optimism and hope

Be aware of non-material aspects of life

Try at times not to be at charge or the expert

Be open to not knowing

Identify what is meaningful to me and notice its place in my life

Meditate

Pray

Sing

Have an experience of awe

Contribute to causes in which I believe

Read inspirational literature or listen to inspirational talks or music

Relationships

Schedule regular dates with my partner (if relevant)

Schedule regular activities with my parents

Make time to see friends

Call, check on, or see my relatives

Spend time with my pets

Stay in contact with far away friends

Make time to reply to personal emails, letters, texts, DM, or send Holiday cards

Allow others to do things for me

Enlarge my social circle

Ask for help when I need it

Share a fear, hope, or secret with someone I trust

Take a real break during lunch (not doing homework)

Take time to chat with classmates

Turn off distractions to complete tasks

Identify projects and tasks that are exciting and rewarding

Set limits with peers during group work or shared assignments

Maintain academic honesty so I feel good about myself

Take a balanced schedule so no one day is too much

Arrange work space so it is comforting

Seek out academic help when needed (tutorial)

Advocate for myself with my teachers

Have a peer support/study group

Strive for balance between school and relationships

Strive for balance between work and fun

Psychological

Spiritual

School