

self-care is more than face masks

tips for taking care of yourself when you're feeling overwhelmed

Life can sometimes feel akin to a laundry basket. Just as you finish all the tasks you needed to do and feel like you will have a chance to breathe, more gets added. When you do take a break, it's like the laundry basket of tasks doesn't receive the notification — it continues piling until it's spilling out onto the floor and it seems impossible to deal with.



It's completely understandable to find taking care of yourself and managing responsibilities hard when you're feeling overwhelmed. Whilst face masks can be a great way to care for ourselves, self-care information can often not include advice on how to do the 'less fun' tasks when we're struggling. Here are some tips for taking care of yourself when you're feeling overwhelmed, including the 'boring' stuff.



Write it down

Tasks can often seem a lot more overwhelming when they're swirling around in our heads, feeling way too big to tackle. Writing the tasks we need to complete down can make them feel less overwhelming, often helping us realise we don't have as many tasks to complete as we thought. It also gives us a step-by-step guide for getting the tasks done.

Do what you can, even if it's not everything you wanted to do



It's not law that you have to finish all the dishes at once. You don't have to clean your entire room in one-go. Revising for a smaller amount of time at home instead of an hours-long study session in the library is still revision. Doing ten minutes of stretches instead of going to the gym is still moving your body.

When we view tasks in absolutes, as things that must be completed in one go or have a certain amount of time dedicated to them to 'count', it can sometimes put us off ever starting, especially when we're feeling overwhelmed. You have control over the task. It doesn't have to be perfect. If you start and find you need to take a rest halfway through, that's fine. That's still part of the task done, more than before and it means you will have less to do later.

Prioritise more important tasks

Not all tasks are created equal. There are some tasks that will be more time-pressured than others and there will be tasks that aren't essential, but you would like to do regardless. You don't *have* to dedicate a lot of time to making pretty, colourful notes to revise from, but it may still be something you want to do and find helpful. When we're feeling overwhelmed and struggling to do tasks, however, we may want to prioritise the most important aspect of this task — creating notes to revise from, even if they aren't as aesthetically pleasing.



When taking care of yourself, this may mean prioritising tasks like brushing your teeth and eating regularly. If you're able to do more, great, but if not, this means that your basic care needs are still met.

Know when to reach out



Whilst we can all feel overwhelmed at times, it's important to reach out when additional support may be needed. If you find yourself feeling consistently overwhelmed, struggling to cope or feel additional support would be of use to you, you can reach out to the Student Wellbeing Service on 0116 223 1780 or email them at wellbeing@le.ac.uk. You can also make an appointment with your GP to discuss how you're feeling and your support options moving forward.