It’s important to be mindful of what types of self-care works for you. Some forms of self-care you may practice may be focused on mental wellbeing, physical wellbeing, or social wellbeing.

See the Venn diagram below for ideas on how to engage types of self-care. For more mental health resources see uhs.berkeley.edu/counseling/self-help

**Self-Care Tips**

UHS is committed to supporting you with your mental health needs at this time.

If you have questions or require additional resources, please contact Cynthia Medina, PhD, Licensed Psychologist in CAPS, at c.medina@berkeley.edu