

# Self Care

## BALANCE AND RECHARGE

### Health & Mind



“Balance is not a luxury; it's your power source.”

Recharging and practicing self-care during the shift from summer break back to school means taking time to rest, reset, and build healthy habits that make the new routine easier. It's about getting enough sleep, eating nourishing meals, staying active, and making space for fun or calming activities like reading, drawing, or listening to music. By doing this, the mind feels more focused, the body has more energy, and the change from relaxed summer days to busier school schedules feels smoother and less stressful.

### How to make sure rest and productivity coexist?

- 1) Rest is fuel, not a prize: plan it in. Use it to recharge, not just after burnout.
- 2) Flow with your energy: do deep work at peaks, light tasks at dips.
- 3) Protect focus, protect breaks: work fully, rest fully
- 4) Draw the line: set a clear “day's end” to switch off guilt-free
- 5) Recover Daily: good sleep, movement, and small habits beat burnout

As September begins and school life kicks back in, it's easy to get swept up in deadlines, assignments, and busy schedules. But self-care isn't something to save for later, it's what keeps you going. Take time to balance your studies with small moments that recharge you, like taking a short walk, or enjoying a hobby. Just like a phone needs charging, your mind and body do too. This month let's aim for steady progress instead of burning out. Balance. Recharge. Repeat.



# WHICH SMALL HABITS HELP YOU STAY GROUNDED WHEN ROUTINES CHANGE?

## 1) Staying hydrated:

it seems small, but water intake ties the body and mind back to balance

## 2) Journaling or jotting thoughts:

a few lines about what you feel or what you hope for the day makes the mind less scattered.

## 3) Morning reset:

simple habits like drinking water, stretching, or stepping outside for fresh air can bring steadiness to any day.

## WHAT DOES “BALANCED SELF-CARE” MEAN SCIENTIFICALLY?

Balanced self-care, scientifically, means maintaining health through a mix of habits that cover physical, mental, emotional, and social well-being in moderation. It goes beyond surface-level routines to include sleep, nutrition, exercise, stress management, hygiene, safe behaviors, and seeking help when needed. Research emphasizes that balance is about finding the “middle ground” too little or too much of any one habit (like sleep or stress) can harm health, while steady, varied practices keep the body and mind in harmony.



<https://pmc.ncbi.nlm.nih.gov/articles/PMC8488814/>

# VALUE OF THE MONTH:

## RESPECT

Respect is not just about being polite or saying the right words. It's about genuinely caring for others, especially when they are in a vulnerable position. True respect means having someone's back even if it's inconvenient, uncomfortable or goes against societal norms. It's standing beside people in their difficult moments and showing them that they matter.

## RESPECT CAN BE SHOWN IN MANY SMALL WAYS, SUCH AS:



1) Greeting people warmly



2) Accept differences



3) Show care through small actions such as sharing notes or holding the door



4) Remember: respect is shown more by what we do than what we say

## Educational Topic:

### BALANCING SCREEN TIME

Balancing screen time means using phones, computers, and other devices in a way that supports health instead of harming it. Since screens are part of everyday life for learning, work, and fun, balance is about setting limits, so they don't affect physical health, sleep, or mental well-being. It helps turn screen use into a helpful tool rather than something that controls daily life.

# Tips for Healthy Screen Time:

1) Be mindful of how much time is spent on devices

2) Try short digital detox periods to reset and reconnect

3) Make time for movement like walking, sports or exercise

A self-care toolbox is a personalized collection of physical items, activities, and strategies that help you manage stress, calm down, feel joy, and maintain your well-being. It acts as a readily available resource on difficult days or during challenging periods, featuring items like calming jars, journals, cozy blankets, comforting snacks, photos, affirmations, and contact information for loved ones or support systems.

## How to Build and Use Your Toolbox:

### Identify Your Needs –

Think about what truly makes you feel calm, centered, or recharged.

### Gather Your Items –

Collect physical objects or list activities that give you comfort, whether it's a snack, a playlist, or a journal.

### Make It Accessible –

Keep your toolbox handy, like in a drawer, on your desk, or even as a dedicated folder or notes app on your phone.

### Regularly Engage –

Use your self-care tools often, not just when you're stressed, so they become part of your everyday routine.

# CROSSWORD

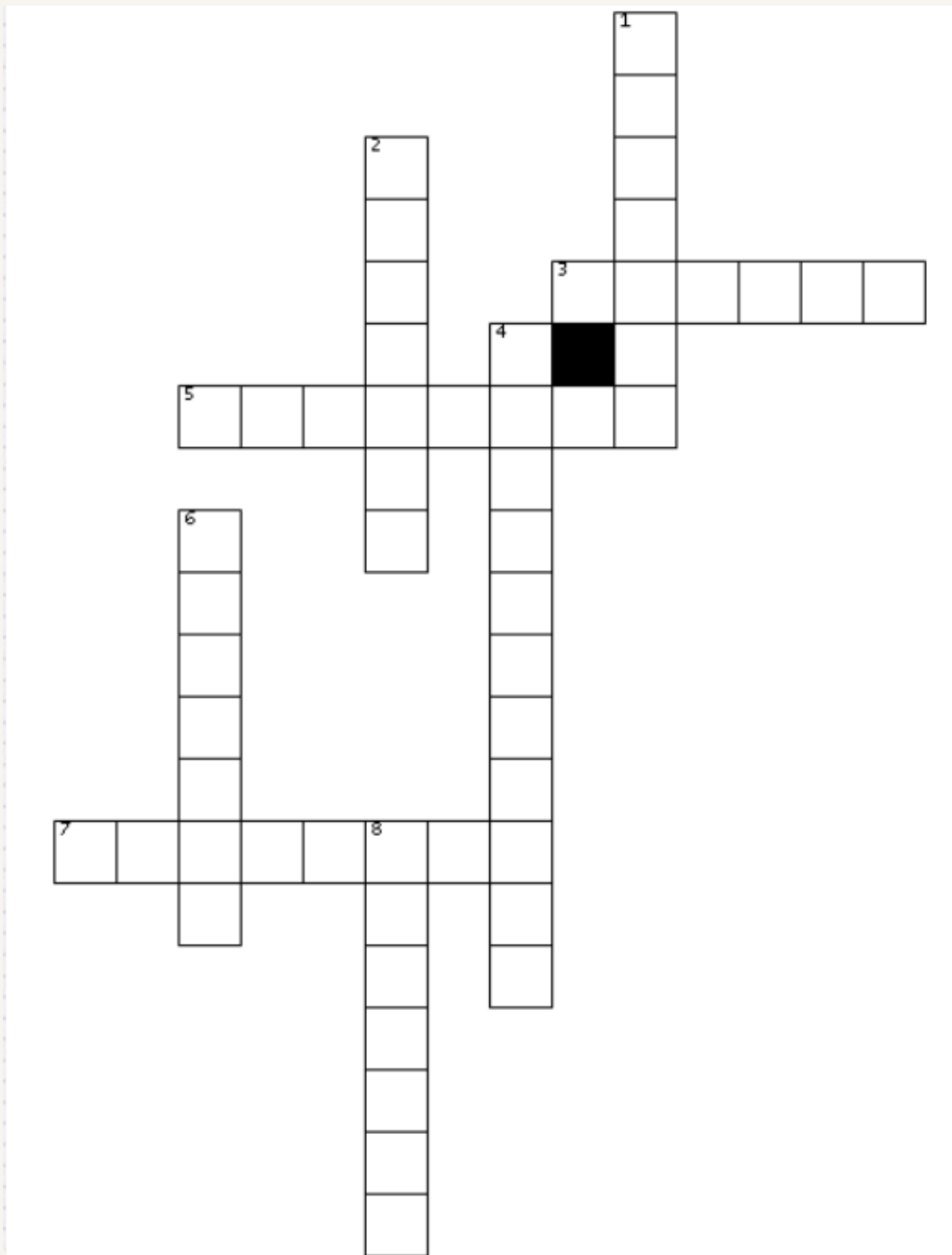
Find the hidden words that remind us to take care of our body and mind for a happy, balanced, and recharged day.



## WORDS

Balance – Mindfulness – Stretch – Unwind

Hobbie – Positive – Recharge – Routine



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