Women's History Month & Self-Care!

In celebration of Women's History Month, we need to choose women, not to be afraid of them, not to be afraid of the people who are their friends. Women can be our best friends and we should cherish them. Let's celebrate all the strong women in our lives.

1. Prioritize Sleep

Getting enough sleep is crucial for overall health. Sleep is when our body repairs and rejuvenates itself. Adults should aim for 7-9 hours of sleep per night. If you're having trouble falling asleep, try creating a relaxing bedtime routine, avoiding caffeine and electronics before bed, and making your bedroom as comfortable as possible.

2. Move Your Body

Exercise is extremely important for your mental health. Whether it's a brisk walk, a yoga class, or a high-intensity workout, it's important to find a form of physical activity that you enjoy. Regular exercise can boost your mood, improve your sleep, and increase your energy levels.

3. Love Yourself

Loving yourself is not about ignoring our imperfections but as indicators of our uniqueness in a spectrum of possibility. Loving ourselves is an act of self-care, not self-sacrifice. It's about valuing yourself and your worth.

4. Listen to Your Body

Our bodies are our best teachers. We need to learn to listen to the signals our bodies send us. This might be hunger cues, thirst, or fatigue. Taking care of our physical needs is essential for our overall health.

5. Make Time for Play

Work without play makes for quite the boring day! It's important to take breaks and engage in activities that you enjoy. This could be playing with a beloved pet, engaging in a hobby, or spending time with friends.

6. Listen to Your Body

Prioritize Sleep

Get your beauty rest. A good night of sleep is essential for maintaining your mental and physical health. Aim for 7-9 hours of sleep per night. If you're having trouble falling asleep, try creating a relaxing bedtime routine, avoiding caffeine and electronics before bed, and making your bedroom as comfortable as possible.

Other things to keep an eye out for this month in the celebration of women's history month:

- Visit the Student Engagement page on the MassBay Community College website for more information on Women's History Month and related events.
- Attend the Midterm Study Break event on March 11th for a chance to relax and recharge.
- Look for the board on campus that will be recognizing important women in the MassBay community.
- Check out book displays in the libraries throughout the month in celebration of Women's History Month.
- Visit www.massbay.edu/studentengagement for more information.

Midterm Week Study Break Events

- March 9, 2020
  - March 9, 2020
    - Midterm Study Break
    - Location: Cafeteria from Student Development!
    - Time: 12:00 PM - 2:00 PM

- March 10, 2020
  - March 10, 2020
    - Midterm Study Break
    - Location: Cafeteria from Student Development!
    - Time: 12:00 PM - 2:00 PM

- March 11, 2020
  - March 11, 2020
    - Midterm Study Break
    - Location: Cafeteria from Student Development!
    - Time: 12:00 PM - 2:00 PM

- March 12, 2020
  - March 12, 2020
    - Midterm Study Break
    - Location: Cafeteria from Student Development!
    - Time: 12:00 PM - 2:00 PM

- March 13, 2020
  - March 13, 2020
    - Midterm Study Break
    - Location: Cafeteria from Student Development!
    - Time: 12:00 PM - 2:00 PM

www.massbay.edu/studentengagement