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THE NEWSLETTER OF

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A Letter from the Editors

Dear Readers,

For this newsletter, we decided to make the theme *Self-Love and Self-Care*. During this time of year with exams, papers, applications, etc., it is easy to forget how much we have to take care of ourselves. There are many people in our community that we want to take care of, but often times in order to take care of other people, we have to take care of ourselves first.

We realize that many people are taking the lead in organizing and pushing the Scripps community to change for its students. We are proud to be part of a community that is committed to bettering Scripps. We hope that this newsletter reminds our community that it is important to put as much energy, labor, and work into making sure our holistic selves are also taken care of.

In this newsletter, faculty, staff, and students talk about their own practice in self-care and self-love. Thank you to all of our contributors for revealing their tricks of the trade and also to our readers for always giving us kind words of encouragement.

Leonida Radford '17 and Vivian Yu '17
Program Co-Interns

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Professor Rory Spence treating himself with a pedicure

Self-Love & Self-Care w/ Faculty Liaisons

Rory Spence and Michelle Decker

1. What do self-care and self-love mean to you?

Michelle: Oh dear. Answering this makes me realize that I'm actually not very good in general at practicing self-care. I think that you can't really practice self-care without self-love (see below), since for me, self-care generally means taking little moments to appreciate yourself or give yourself a break. This could be giving myself permission to stop working and just go to sleep when I'm tired, or to take a break and have fun with friends. These little moments of permission can add up to feeling a lot happier and less stressed, and it's hard to give yourself permission if you don't, deep down, think that you're worth preserving and forgiving.

Self-love, to me, generally means being forgiving of myself, for actual or perceived mistakes. If I miss a deadline, if I don't get a grant or award that I applied for, I'm really quick to take that as evidence that I'm a failure and don't deserve love (from myself or anyone else). Self-love means talking to myself the way that I would talk to a friend if she were in the same situation-reminding myself of my worth, regardless of what I do or don't accomplish.

Rory: Self-care and self-love I think I might group them together in my mind. It's difficult for me to have self-care for myself without self-love being involved. I would say a good day of self-care/self-love is getting some alone time in combination with spending some time within my community. For alone time I usually like to take an hour each day to either read or swim or cook a nice meal or work in the garden, it doesn't always happen, but I notice a difference in my wellbeing when I can get some alone time. As far as self-care within my community I enjoy performing service or volunteer work or lunch with some students or even just getting some Netflix time with my wife and puppies on the couch in the evening.

2. Do you also feel midterm stress?

Michelle: Yes, yes, and yes. This is when grading starts in earnest, and I'm also supposed to plan classes on top of all that, somehow. We're there with you, students.

Rory: No I don't feel midterm stress, probably because I don't take midterms and even when I did I'm not sure I cared enough to stress out. If I need stress I'll just read the news today.

3. How can students practice self-care during midterm/exam season?

Michelle: Realize your limits. You really *don't* learn better when you're tired. Staying up and cramming is actually proven to decrease your retention of material. Even though it seems lazy to go to sleep instead of staying up, try to remember that you're both taking care of yourself *and* helping yourself perform better.

Rory: Well, we all have different ways we like to self-care. I know my idea of self-care might be quite different from another person's. I would just encourage students to include time for self-care in their daily schedule. You probably partition study time into your schedule, when you do this also partition "self-care" time into your schedule. I know it's not always possible, but I find actually putting it in my schedule helps me stick to both commitments.

4. What do you do to #treatyoself?

Michelle: I live alone, so it feels like a real treat to go out with my friends and do almost anything. I also make sure that I have a massage at least once a month. If you need a person, I can hook you up! She will change your life.

Rory: Too many activities in this life bring me happiness. Lately the wife and I get mani/pedi's together. I could care less about what my hands/feet look like but I can tell that she enjoys spending that time with me, and her happiness brings me happiness.

5. How do you suggest students communicate their stress to you about exams/assignments?

Michelle: Be honest about being overwhelmed, but try, if you can, to identify the source of that stress. Is it a particular concept? Are you having a hard time structuring your day so you have enough time to study? If you can do some work before sending an email or coming to office hours to identify some topics or particulars, then you'll feel better because your professors may be able to give you some concrete answers. Sometimes things are overwhelming because it just seems like a general mass of uncertainty and fear. For me, naming the source of that fear is useful.

Rory: I try and let students know my door is always open for them. Just come by and let's chat about it. I know life can be stressful and I don't have the solutions to their stress, but sometimes a cup of tea and a chat can make things a lil better.

Self-Love & Self-Care w/ Daniela from SCORE

1. What does self-care mean to you?

Daniela: To me, it means knowing when I need to take a step back on everything I'm doing and prioritizing my emotional and/or mental well-being. I'm very task oriented and love checking things off my "Action Items" list, so taking a break sometimes feels counter-productive, which makes self-care difficult when I need it most. Sometimes I need to be alone so I listen to music while journaling or coloring, but most of the time I just need loving, funny people in my life so I make it a point to hang out with friends/family.

2. What does self-love mean to you?

Daniela: I think it means prioritizing myself and being happy with where I am at this point in my life. It is much easier for me to prioritize others or my work (or schoolwork when I was a student). It means remembering that I am enough and that my productivity or activities (or grades in undergrad) don't define me. After graduating, I've really been wrestling with taking chances and risking failure— turns out it's liberating not needing everything to be perfect!

3. How can students practice self-care during midterm/exam season?

Daniela: Remember to sleep! Those eight hours are magical!

4. What do you do to #treatyoself?

Daniela: ICE CREAM and TWIN DATES!! When that is combined, life is perfect.

5. How can students use SCORE to practice self-care?

Daniela: SCORE is a great place to hang out, take much needed naps on our comfy couches, and/or watch TV. SCORE is also a place where you find and build community with passionate individuals. This semester we are partnering with Tiernan Field House's Peer Health Educators who host Office Hours Monday-Thursday in the SCORE Living Room. If you ever want to chat or brainstorm about what self-care looks like for you, you are welcome to stop by my office! Additionally, self-care is very important in social justice work, so if you ever want to program around self-care, come by my office – I love brainstorming, assisting with logistics, and supporting students!

Self-Love & Self-Care w/ Jennifer from Tiernan Field House

1. What does self-care mean to you?

Jennifer: To me, self-care means taking the time to take care of yourself physically, mentally, and emotionally.

2. What does self-love mean to you?

Jennifer: To me, self-love means having an appreciation for your body and mind and what they can do. I believe that there can be an overlap between self-care and self-love.

3. What are ways people can care for themselves physically and mentally? What resources does the field house have for self-care?

Jennifer: TFH has many resources to help people practice self-care. We have FitScripps classes that are free to all students, such as indoor cycling, yoga and meditation, and Pilates. You can stop by during Peer Health Educator office hours to talk about ideas for practicing self-care. We also have a self-care assessment you can take to determine a self-care plan. You can join us for Destress Thursdays every Thursday from 7:30-8:30pm. We have a variety of de-stress activities planned for the year, including journaling, progressive muscle relaxation, foam rolling, and finger painting! People can also stop by my office in TFH or schedule a time to talk by emailing me (jshipleyscrippscollege.edu) if they want to talk through self-care strategies. Our patio is also a great space for relaxing, reading a book, listening to music, and hanging out with friends.

4. What advice do you have for people who don't already practice self-care?

Jennifer: My advice to those who do not already practice self-care is to find what works best for you. You can ask your friends and family to see what self-care strategies they practice. You can complete self-care assessments and create plans at TFH. But it's important to remember that it may take a little time to determine what works best for you. What your best friends practice for self-care may not work for you.

5. How can someone improve on how they practice self-care?

Jennifer: If you're already practicing self-care, I would suggest taking time to re-evaluate your self-care plan. What may have worked for you in past years may not be working for you now. Our interests change overtime, which can influence a self-care plan. Also, tell someone you trust about your self-care plan. They can help remind you and hold you accountable to the plan when you are experiencing a stressful situation.

6. What do you personally do for self-care and practice self-love?

Jennifer: Personally, I practice self-care by taking time to exercise, which usually consists of running. For me, running is a time to clear my head and decompress from the day. On the weekends, I like to meet up with family and friends and explore new places or go on hikes. I also have a few key people I can talk to when I need to vent or just talk about my day. Lastly, I love volunteering and giving back to the community. On Sundays, you can find me at Red Bucket Equine Rescue in Chino Hills, cleaning stalls and turnouts, organizing storage areas, and working in the Visitors Center (we have free tours of the ranch from 1-4pm every Sunday!).

7. What is a healthy way to manage stress?

Jennifer: I think part of my self-care routine is also part of how I practice self-love. But in addition to my self-care routine, I also take time to just relax and rest. I'm getting better at listening to my body and learning it's okay to not have every minute of my day scheduled.

Self-Love & Self-Care w/ Students

Cecilia Villatoro and Clarisse Salazar

1. What does self-care mean to you?

Cecilia: I think it means doing what you need to feel ok or relaxed.

Clarisse: Self-care means taking the time to indulge in something you love that you otherwise don't have time for or isn't a part of your daily routine.

2. When did you start practicing self-care?

Cecilia: Probably when I got back from study abroad. I think it was a tough transition and I think I realize the importance of taking some time to replenish yourself.

Clarisse: I'm sure I practiced some form of self-care in high school (like singing and dancing to my fave 1D album in the mirror or changing my nail color every week) but I didn't call it that. It wasn't until I learned the term self-care and what it's about that I put a label on it. And having that vocabulary definitely has helped me no longer feel guilty about taking time to indulge in the things that make me happy.

3. When do you know it's time to take a step back and spend time with yourself?

Cecilia: When I feel overwhelmed or stressed.

Clarisse: It's not the healthiest way to know, but I know it's time to step back when I reach a point of stress that is unlike me. I don't tend to stress toooooo much, so when I start freaking out, I know I just really need a solid two hour nap and I'll be better after that.

4. What do you do to recharge? What do you do to unwind?

Cecilia: I'm still figuring this out but reading something that's not for class can be a good distraction. I also have enjoyed my watercolor class and feel that it's been good for recharging.

Clarisse: To recharge, 100% NAP! Oh my goodness I LOVE naps. I love them. To unwind, music. Depending on my mood, if I want to feel calm, Ed Sheeran is my number one. If I want to feel content and happy, 1D is still my true love. And if I'm trying to sing along, Little Mix is a great option for me.

5. What do you do to treat yourself after a bad or rough day?

Cecilia: I think hanging out with people whose love and support I can always count on is something that can help with a rough day.

Clarisse: Eating out. If I have had a bad day, or I think I deserve something nice, Starbucks, In-n-Out, or carne asada fries make me happy. Ice cream is honestly my favorite thing to pick me up. (Someone stole my salted caramel gelato from the kitchen freezer, and I was PISSED... so I had a mango paleta to make me feel better. Still mad tho).

6. Do you have a creative outlet that you turn to when you realize you need to take a break?

Cecilia: I'm taking lots of PE classes now that I'm a senior. It feels like I'm in retirement and I've really enjoyed it. Learning new things is always a fun thing for me so learning about watercolor and taking archery are nice outlets.

Clarisse: Sometimes I color, but I don't have fun markers in my room anymore, so that was more of a summer thing.

7. Who can you turn to when you feel like you need to vent? What do you do when you feel like you need to let off some steam?

Cecilia: My family.

Clarisse: My best friend for sure. (S/O to Tiffany) But also my SCORE friends, because they usually get it.

8. What do you do when you have alone time? Do you have a show or movie you like to watch? An album you listen to?

Cecilia: I usually watch Friends or listen to some song I really like.

Clarisse: Parks and Rec is a show I always go back to if I have a random 20-30 minute break. I'm watching Glee right now which is when I have more time. I'm also frequently listening to Ariana Grande's Dangerous Woman album because I am going to see her in concert next month (for Little Mix)!!!

9. What practice/habit are you trying to rid yourself of?

Cecilia: Probably spending too much time in my room.

Clarisse: My instant forgetfulness. I am trying to use my little SCORE journal to write down random tasks like emails I need to send or questions I need to ask someone later, so I don't immediately forget everything I have to do.

Leonida & Vivian's Guide to Self-Care

1. Crafting and coloring books: We are strong proponents of a solid coloring page with a side of yummy snacks
2. Journaling/doodling: Try and write down ideas that are floating in your mind right before you go to bed.
3. Channel your energy into a solid workout!
4. Indulge in your junk-food stash
5. Many laughs and giggles: laugh so hard that your abs start hurting (refer back to number 3)
6. Watch your TV show: This is probably our favorite method of self-care??
7. Listen to your favorite playlist and dance like no one is watching!
8. Indulge in a spa night/day routine!
9. Play with Snapchat filters!



Parting Words

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare”

- Audre Lorde



UPCOMING FIRST-GEN EVENTS:

- Community Lunch Introducing New Interns
 - Time and location TBD

We Want to Hear From You!

To inspire our readers and recognize your accomplishments, we would like to feature your story in one of our upcoming newsletters. Please send us a personal article or poem depicting your experience as a first-gener to: firstgeneration@scrippscollege.edu