

**Comments/Outcome**

(Describe in 1-2 sentences what you did for self care and how it was beneficial for you.)

This student engaged in mindfulness meditation in order to mentally prepare for the week at HRMC. This enabled her to be productive in her learning experiences.

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This student engaged in going outside of the agency for lunch at least once during this week and ate her lunch in the park. This enabled the student to get some fresh air and be able to destress by being outdoors rather than in the agency all day.

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(Describe in 1-2 sentences what you did for self care and how it was beneficial for you.)

This student attended individual therapy with Southern's student counseling services. This was beneficial for the student by helping reduce stress and implement ways to better communicate with her husband.

**Comments/Outcome**

(Describe in 1-2 sentences what you did for self care and how it was beneficial for you.)

This student spent quality time with her husband this week. She was able to re-ignite some connections between herself and her husband that had been lacking in months past.