Self-care on a budget

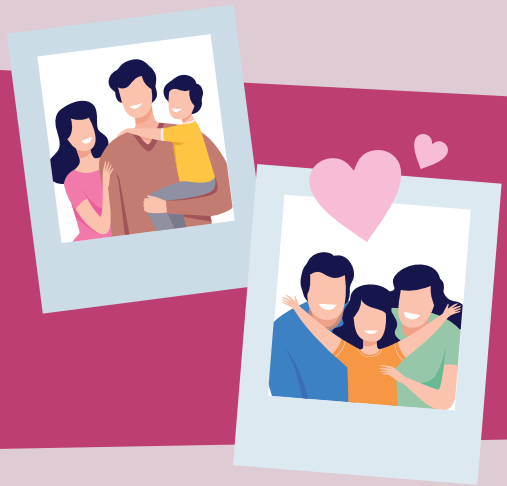
sata CommHealth

Set realistic goals

Focus on small, achievable goals rather than trying to do and complete everything at one go.

Keep a journal

Writing down your thoughts helps you to vent out the problems that make you nervous, and also help you to know what makes you feel better.



Practice gratitude

Write down the things (such as events and people) you are grateful for or look at old photos that bring back happy memories.

Cook at home

Prepare your favourite nutritious meals to save money and feel better.

Engage in free entertainment

Play games or entertainment that are free and available at the dormitory with friends.