

Caring for myself is not self indulgence. It is self preservation. And that is an act of political warfare.

-Audre Lorde

We can't practice compassion with other people if we can't treat ourselves kindly.

-Brene Brown

You are your own best thing.

-Toni Morrison

TL;DR:

- 1. Self-care is [not self-indulgence](#), for some it is self-preservation; it is showing up wholehearted and [leaning into imperfection](#);**
- 2. Seek resources, build/find community, and practice self-compassion.**
- 3. Sign-up to speak to a Peer Advisor [here](#).**

Dear Class of 2022,

Is there anything you used to do for yourself prior to beginning law school that you are no longer doing? Name something you've started doing for yourself since beginning law school? And when is the last time you gave yourself credit and told yourself that who you are and what you bring is enough?

Practicing self-care and self-compassion will help you reserve some of the best parts of yourself for you. Here are five ways you can practice self-care and [self-compassion](#) that centers your humanity.

1. Prioritize Your Self Care



Practicing self-care is a deliberate act to understand, nourish and identify with our complex, layered and ever-evolving selves. It is a self-centering decision to acknowledge, address and cater to our bodies needs—spiritually, emotionally, physically, mentally, and more. For some it is an act of self-preservation. For others it is a desire for balance and wholehearted living. This could mean making time to [exercise](#), [meditate](#), speak with friends/family, journal, seek [mental health services](#), or take some days off. Practicing self-care also means being patient, kind, and compassionate with yourself.

2. Remember Why You Are Here



You came here for a purpose. Self-care means reminding yourself of all the reasons that inspired you to come to law school. Practice gratitude by acknowledging those who graciously helped you get here and we are always here for you. Throughout your 1L journey, remember the things you did before law school that brought you joy and don't be afraid to explore new things that make you happy!

3. Draw Clear Boundaries



Need a little "me" time.

Practicing compassion starts with yourself. It's ok to reclaim your time and [communicate your boundaries](#) with others. Self-compassion means acknowledging when you need to step back and take time for yourself. It's ok to say "no, thanks" to new commitments, even if others are doing them. Being self-compassionate means learning how to forgive yourself for any mistakes you've made, whether that be struggling through a cold-call or balancing school and other aspects of your life.

4. Find and Build Community



You don't have to practice self-care alone. The [many communities](#) that make up our HLS community are committed to improving your student experience. Join their efforts and build community.

5. Use HLS Resources

If you ever want to talk to someone, you can [sign up](#) for an appointment with a mental health counselor.

Love, Trust, and Respect,
Your Peer Advisors