

## Pie Chart Activity

**This activity gives participants the opportunity to reflect on their daily activities and how to prioritize self-care.**

### *Directions for Facilitator:*

Ask everyone to get out a piece of paper and to draw a big circle. Next ask participants to divide the circle up based on activities they do on a daily basis. For instance, if you spend most of your time sleeping make that the biggest portion of the circle etc. Next rank order the enjoyment you get from each activity.

### *Think, Pair, Share:*

Share in groups what you noticed while completing this activity. When talking in your small groups consider the following items:

- What gave you the most enjoyment? How big was that piece of your “pie”?
- Are there things you have in your circle that you do not like doing that you can eliminate or decrease in size?
- Are there activities you forgot to list in your pie? If so, what do you think that means?

### *Additional Talking Points for Facilitator:*

- Keep in mind ways that you may need to set limits with yourself. You may need to set limits on how much you study in a particular sitting or how much you browse social media.
- Use time online (gaming, surfing, checking Instagram/Tik Tok etc.) as a reward – build this time into your schedule.
- Set an alarm to help you keep track of how much time has passed.
- Limit temptation – try studying somewhere without a computer.
- Rescuetime.com – free application that allows you to track how much time you are spending on the computer and what websites/applications.
- Identify what is important to do well, and what is important to do well enough? What qualifies as “good enough” in this particular circumstance?
- Exercise, nutrition, and sleep are basic needs. We tend to minimize how important they really are. It is precisely when you think that you don’t have time to take care of yourself that you most need to.
- Prioritize time for joyful movement this can improve concentration and sleep. This does not have to be strenuous exercise it can be moving your body in any way that feels good for you.
- Studies show that college students consistently overrate their ability to concentrate & to perform academically when lacking sleep. Most students are not aware of the degree to which inadequate sleep impairs their ability to perform.
- Small simple shifts in your daily life can have a big impact on your overall well-being. Even taking two minutes to practice deep breathing can have a profound impact on your mental health.



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