

# Do You Have to Nourish to Flourish?

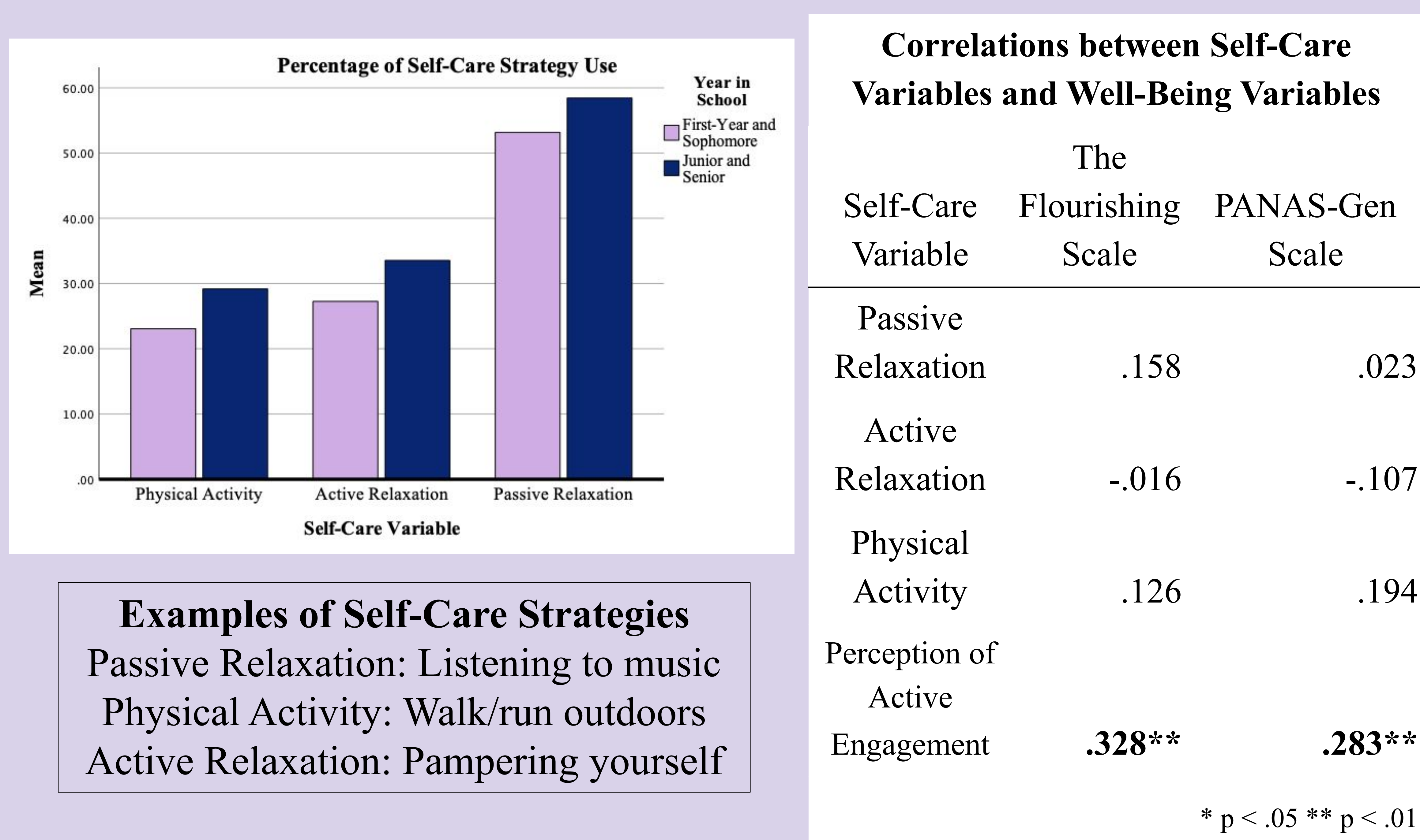
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## INTRODUCTION

- We defined “self-care” as the practice of taking time to promote one’s own well-being and happiness, physical and mental health, and self-awareness
- Previous research shows not all self-care strategies are beneficial
  - Subjective well-being was higher when engaging in:
    - Active leisure activities (King, Heo, Lee, Hji-Avgoustis, & Lee, 2020) and;
    - Self-care with others (King et. al., 2020)
- Research Questions:
  - What self-care strategies do college students report using?
  - What self-care strategies enhance, rather than impair, motivation and well-being?
  - What *features* of self-care strategies enhance, rather than impair, motivation and well-being?

## METHODS

- Self report survey using Qualtrics
- 84 SNC students; 94% White, 87% female
- Three sections of questions:
  - Self-care strategies and frequency of use
  - Feelings while performing self-care
  - Well being:
    - *Flourishing Scale* (Diener et al., 2009)
    - *Meaning in Life Questionnaire* (Steger et al., 2006)
    - *Positive And Negative Affect Schedule (PANAS; Watson et al., 1988)*



**Examples of Self-Care Strategies**  
 Passive Relaxation: Listening to music  
 Physical Activity: Walk/run outdoors  
 Active Relaxation: Pampering yourself

Self-Care Variable	The Flourishing Scale	PANAS-Gen Scale
Passive Relaxation	.158	.023
Active Relaxation	-.016	-.107
Physical Activity	.126	.194
Perception of Active Engagement	<b>.328**</b>	<b>.283**</b>

\* p < .05 \*\* p < .01

## Students had greater well-being when they

- engaged in physical activity
- felt competent
- involved others
- intentionally engaged themselves during self-care

Effect	b	SE	p
Autonomy	-.263	1.214	.829
Competence	<b>4.872</b>	<b>1.111</b>	<b>&lt;.001</b>
Relatedness	1.195	.610	.054

Effect	b	SE	p
Autonomy	-.155	2.215	.944
Competence	<b>7.401</b>	<b>2.027</b>	<b>&lt;.001</b>
Relatedness	0.844	1.113	.451

## RESULTS

- We tested the relationship between self-care strategies and well-being (see tables in center pane)
- Emotional well-being increased with physical activity strategies ( $B = .172, SE = .063, p = .008$ ), but decreased with active relaxation strategies ( $B = -.157, SE = .068, p = .024$ )
- Eudaimonic well-being increased when involving others in self-care ( $r(81) = .239, p = .029$ )

## DISCUSSION

- Engaging in activities that activate their minds and bodies will lead to greater well-being
- Feeling competent and socially connected when performing self-care will enhance well-being
- Participants thinking they were actively engaged in self-care had a positive association with well-being, but reporting more active relaxation strategies had a negative association with well-being
- Limitations: the researchers’ definition, race & gender proportions
- Future directions: the students’ definitions, effects of social media use, bigger vs. smaller colleges

## REFERENCES

- References available upon request.