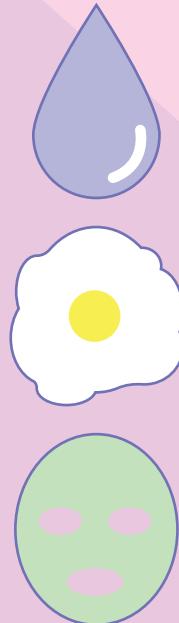


# User Interview



**"No shame, be honest with yourself and your needs."**

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Aiden is a 4th year Design major at the University of California, Davis and works part-time in the LGBTQQA Resource Center as a Student Coordinator. As a general rule, Aiden adheres to a strict work cutoff at 10:00 pm to preserve time for himself. While he concedes that he has yet to figure out how to self-care perfectly, establishing work and life boundaries and practicing self-advocacy have facilitated the process. His approach to self-care has typically included social and health-conscious activites; a regular skin-care regimen, consistent hydration, making time to cook with friends, and waking up early have all been a part of his efforts to maintain a sense of self and community during shelter in place.

Interestingly, Aiden's journey to cultivate healthy self-care instincts involved the eschewal of deeply ingrained perfectionistic tendencies. Though he cited many experiences of poor self-care and avoidant behavior concerning his well-being, he has come to realize that falling back does not negate progress overall, and stays focused on maintaining a growth mindset.