

Deep Dive on Self Care

For the Busy Grad Student

Check out resilience.unl.edu for more resources to improve your mental health!

YOU DESERVE IT.



FINANCIAL CONFIDENCE IS KEY

Understanding finances and having a plan is key to reduce stress about money and have security for the future.

TRY THIS

A simple way to start thinking about your finances in a new way is to keep track of your spending for a month, and create a budget that makes sense for you and will help you reach your short and long-term goals. Visit <https://resilience.unl.edu/money> for Student Money Management options.



THE EVIDENCE

Graduate students mentioned financial concerns more than any other topic in their written comments. Students who have confidence in their finances are more satisfied with their lives and exhibit less depressive symptoms.



**"THE EVIDENCE" GATHERED FROM THE GRADUATE
ASSEMBLY, GRADUATE STUDENT HAPPINESS AND WELL-
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Courtesy of Big Red
Resilience and
Well-being

