

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.



SLEEP IS KEY

Sleep is a very important aspect of physical, mental, emotional, and intellectual well-being. Giving the body and mind a chance to relax, repair, and refresh.

TRY THIS

An hour before going to bed stay off of your phone, laptop, and TV, and leave school work alone. Try meditating before bed to fully relax and prepare for sleep. Ensure you get a full eight hours of sleep each night.



THE EVIDENCE

Sleep is a known correlate of depression, and research by experts like UC Berkeley Professor Allison Harvey suggests that simply improving sleep can substantially reduce depressive symptoms.

"THE EVIDENCE" GATHERED FROM THE GRADUATE ASSEMBLY, GRADUATE STUDENT HAPPINESS AND WELL-BEING REPORT, 2014



Courtesy of Big Red Resilience and Well-being

