

# *Deep Dive on Self Care*

For the Busy Grad Student

*Check out [resilience.unl.edu](http://resilience.unl.edu) for more resources to improve your mental health!*

**YOU DESERVE IT.**



## **TRUST IS KEY**

Finding an advisor or mentor that you trust and that can help you navigate the nuances of your department and field can offer guidance and comfort for graduate students

## **TRY THIS**

Asking for help navigating classes, career advice, extra help in an area causing stress, forming relationships, and networking.



## **THE EVIDENCE**

Having an advisor who is “a real mentor to me” is an important predictor of graduate students’ life satisfaction. They have influence over many predictors of well-being here, including academic progress and preparation, finances, career prospects and feeling valued and included in the department

**“THE EVIDENCE” GATHERED FROM THE GRADUATE ASSEMBLY, GRADUATE STUDENT HAPPINESS AND WELL-BEING REPORT, 2014**