

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.

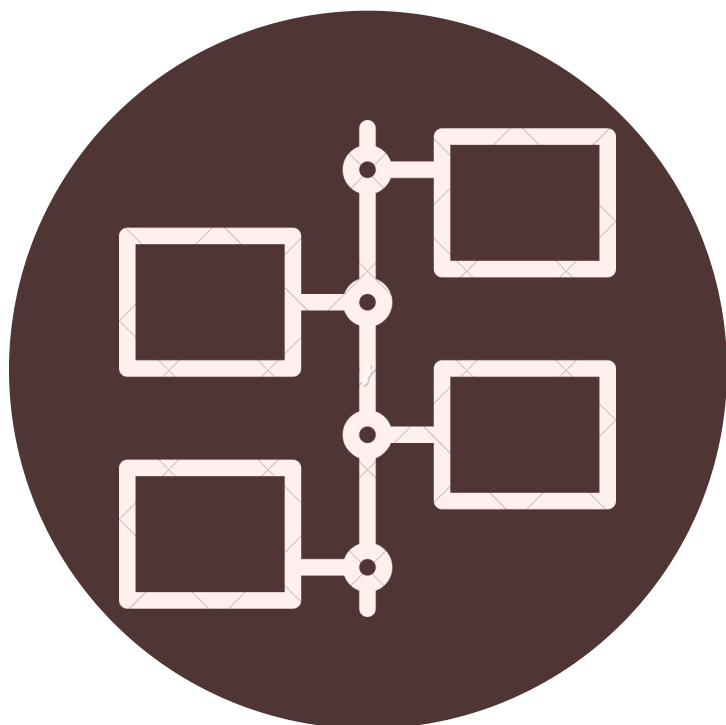


GOALS ARE KEY

Weekly, Monthly, and Yearly. Setting goals can help to visualize accomplishments and provide satisfaction of tangible and visible completion..

TRY THIS

Use a planner, calendar, or designated app to keep track of all short and long term goals. A visual timeline can help to break up tasks and show gradual progress.



THE EVIDENCE

Graduate students who are on track to complete their degrees on time and who feel well prepared for the work required to complete their degrees have higher life satisfaction and fewer depressive symptoms than those who are not on-track and feel ill-prepared.

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



Courtesy of Big Red Resilience and Well-being

