

# *Deep Dive on Self Care*

For the Busy Grad Student

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

**YOU DESERVE IT.**

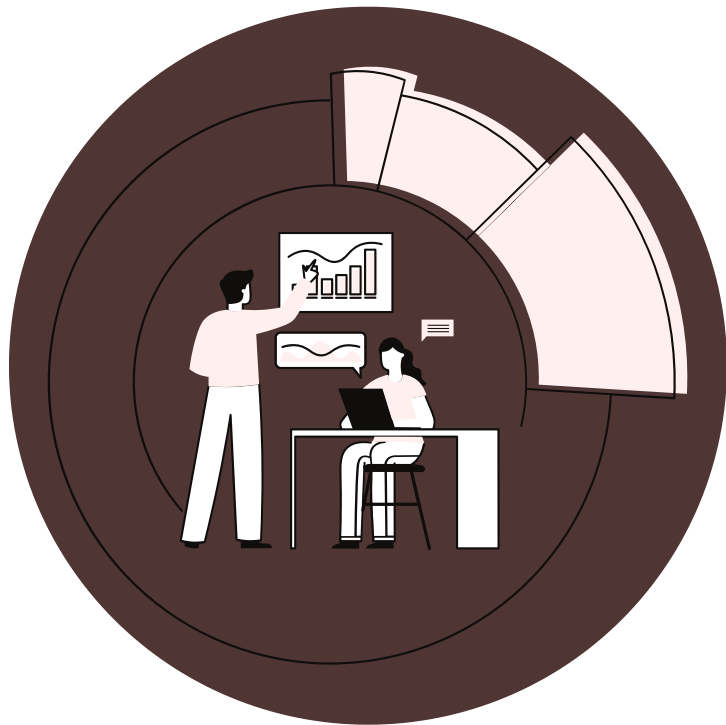


## **BALANCE IS KEY**

Setting boundaries for work, school, and life can help mentally and physically separate tasks throughout the day and can help you stay engaged and focused on the task at hand.

## **TRY THIS**

No school work after 5pm, Sunday is a free day, work doesn't leave the "home office", designate each category to a time of day.



## **THE EVIDENCE**

Graduate students who are engaged by their day-to-day work have higher life satisfaction and fewer depressive symptoms than those who are not engaged by their day-to-day work.

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