Deep Dive on Self Care
For the Busy Grad Student

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

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.


YOU DESERVE IT.

Courtesy of Big Red Resilience and Well-being