

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.



CONNECTION IS KEY

Making regular time for family and friends can have major impacts on your stress levels, motivation, and overall mood.

TRY THIS

Try setting up weekly phone calls, dinner plans, coffee dates, FaceTime, and Zoom to stay connected to the people you love.



THE EVIDENCE

Students who feel that they have someone with whom they can share their most private worries and fears with, report greater life satisfaction and experience substantially fewer depressive symptoms

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