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.

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

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.

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