UF | CWC

Counseling & Wellness Center

Wellness in Graduate School

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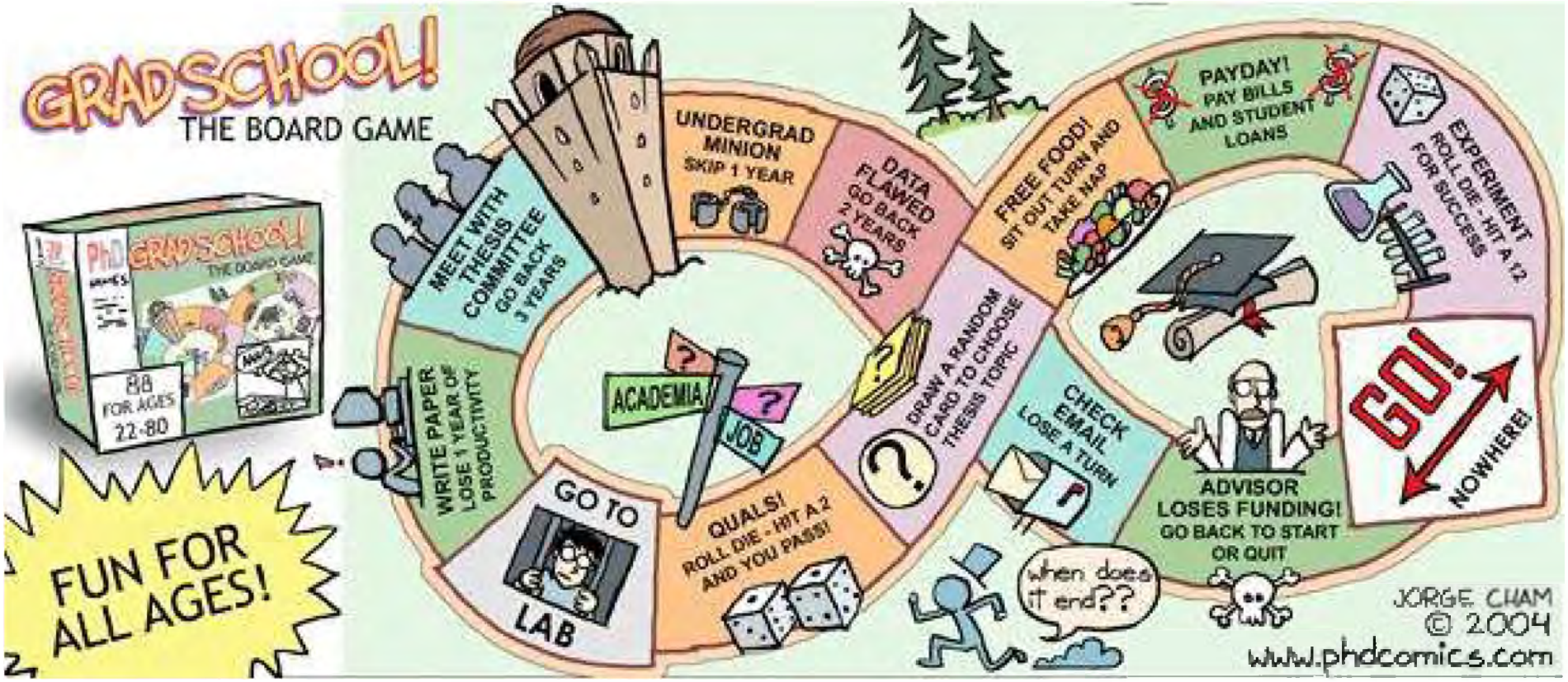
WHAT IS GRADUATE SCHOOL?



What is Wellness at Graduate School?

- **An *active* life-long *process* of seeking to achieve your full potential**
- **Multidimensional**
  - Attention to each dimension and making choices that would help you find *your balance* is essential to maintain your wellness

What does wellness mean to you?

How could *a balanced life* look like during grad school?

Wellness in Graduate School

What does (can) get in the way?

- Our perspective

Wellness in Graduate School

What does (can) get in the way?

- Our perspective

Wellness in Graduate School

What does (can) get in the way?

- Our perspective

Wellness in Graduate School

What does (can) get in the way?

- Not allowing yourself to engage in wellness

counseling.ufl.edu

Wellness Tips

What would *you* recommend?

How do you stay well?

Wellness Tips

- Nourishing, supportive **relationships**
- Letting go of self-judgment and comparisons
- Setting **boundaries** with others: Saying "no" or at least delaying or postponing "yes"
- Managing your **energy**: making intentional choices for rejuvenation
- Having consistent, quality **sleep**
- Managing **time**
  - Having guilt-free time
- **Moving**, fitness, and exercise
- **Eating** healthy

Mind your body

- **Use meditation to lessen stress and anxiety**
  - ✓ Morning time
  - ✓ Study time
  - ✓ Bed time
- **Feed your brain**
- **Sleep** (7-9 hours/night)

Time Management

- **Have a consistent work environment**
  - ✓ What is your work space?
  - ✓ What time of day?
  - ✓ Alone or with others?
  - ✓ What sounds help best?

- **Make a to-do list**
  - ✓ Break tasks down
  - ✓ 10 minute rule
  - ✓ Decide today vs. tomorrow vs. later

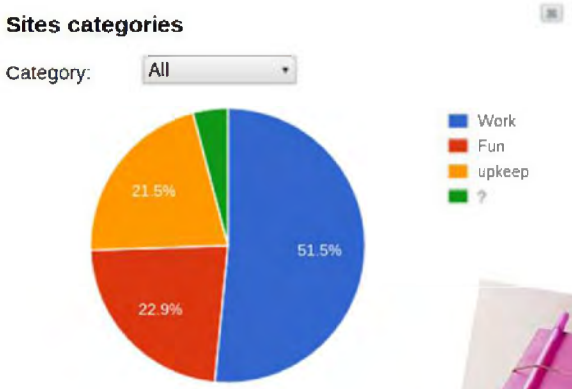
Set realistic goals and plan for today!

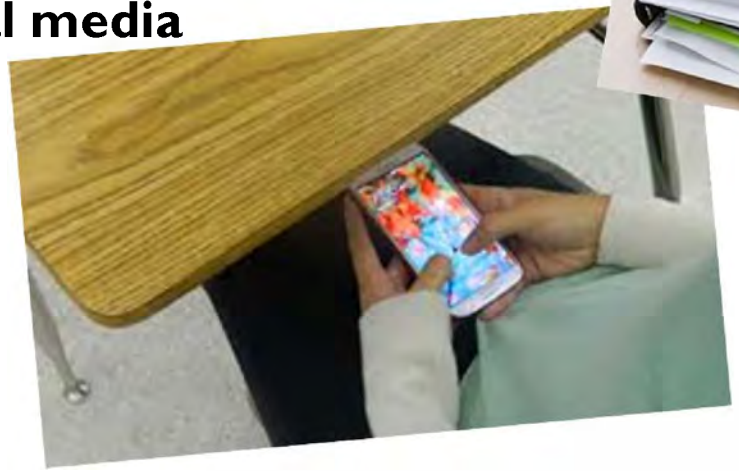
Time Management

- **Refresh with short breaks**
  - ✓Pomodoros or "poms"
  - ✓Move around during your breaks
    - Stretch
    - Walk
    - Handstand
- **Alternate between high/low focus tasks**

Time Management

- **Track your time**
  - ✓Paper planner
  - ✓TimeStats Chrome
- **Disconnect to focus**
  - Disable Wifi and phone
  - Use apps that can block distracting websites
- **Set specific blocks of times for social media**





CWC Is Here To Support You…

CWC Building
3190 Radio Road

Peabody Hall, 4th Fl.

And an embedded counselor in Cypress Hall for on-campus students, including Graduate and Family Housing

Offering A Wide Range of Services...

Crisis Consultation

20-min Triage Appointment

Group Therapy

Short-term & limited Individual Therapy

Psychological Testing

Skill-Building / NS Strengthening Services

Referral to SHCC Psychiatry

Referral to Campus Resources

Referral to Community

Group Therapy

- GENERAL THERAPY
- MINDFUL LIVING & COPING SKILLS
- PEER SUPPORT
- SEXUAL ORIENTATION & GENDER
- SPECIFIC POPULATIONS
- THEMED GROUPS

Group Therapy

General Therapy

- Understanding Self & Others (USO) — Multiple Dates
- USO, Active — Tuesdays, 3:00-5:00PM
- USO, First Generation Students — Thursdays, 1:00-2:30PM
- USO, Graduate Students — Multiple Dates
- USO, Men of Color — Tuesdays, 3:00-4:30PM
- USO, Queer People of Color — Mondays, 1:00-2:30
- USO, Spanish Speakers — Th
- USO, Women — Mondays, 3:

Specific Populations

- Invincible Black Women — Multiple Dates
- Coping with Medical Challenges — Mondays, 1:00-2:30PM
- Graduate Student Support — Tuesdays, 11:15AM-12:45PM
- International Student Success - English — Wednesdays, 3:00-4:30PM
- International Student Success - Mandarin — Fridays, 2:00-3:30PM
- Sexual Assault Survivors Support — Thursdays, 3:00-4:30PM

No waiting
No tracking

Drop-In Skill-Building / Strengthening Services

Online relaxation videos

Mind-Body Center Peabody

Biofeedback Lab Radio Rd

Yappy Hour with our Certified Therapy Dogs

Psychoeducational Workshops

BAM! Best Allyship Movement

Whatever Your Need Might Be

CWC Services Are…

Confidential

- Available to **ALL** registered **UF Students**
- **Hours of operation**

  Monday through Friday | 8 am – 5 pm

24/7 **Phone consultation**

available for students in distress as well as for **students** who would like to consult about a friend in distress

REMINDERS

- Take care of yourself
- Be well so you can do well

Thank You!

UF Counseling and Wellness Center

3190 RADIO ROAD

PEABODY HALL 4th FLOOR

(352) 392-1575

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