Wellness in Graduate School
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

Grad School
New Year’s Resolutions:

- Eat better
- Sleep more
- Get more exercise
- See friends

or Graduate.

pick one
Wellness in Graduate School

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AND Graduate.

pick one

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WELLNESS IN GRADUATE SCHOOL

What does (can) get in the way?

- Our perspective

**TIME TO WRITE DOWN MY NEW YEAR’S RESOLUTIONS.**

**Grad School New Year’s Resolutions:**

- Eat better
- Sleep more
- Get more exercise
- See friends

**MY RESOLUTIONS NEED A BETTER SOLUTION.**

[Cartoon image with text: "pick one"]

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What does (can) get in the way?

- Not allowing yourself to engage in wellness
What would you recommend? How do you stay well?
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

counseling.ufl.edu
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

Groups & Workshops

- General Therapy
- Mindful Living & Coping Skills
- Peer Support
- Sexual Orientation & Gender
- Specific Populations
- Themed Groups
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, 1:00-2:30PM
+ USO, SPANISH SPEAKERS — TUESDAYS, 3:00-4:30PM
+ USO, WOMEN — MONDAYS, 3:00-4:30PM

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
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

- ANXIOUS
- STRESSED
- LONELY
- CONFUSED
- DEPRESSED
- SUBSTANCE ABUSE RECOVERY
- SEXUAL ASSAULT RECOVERY
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
- Take care of yourself
- Be well so you can do well

**What do I do for self-care?**

- Get plenty of sleep
- Enjoy sunshine
- Cook
- Write or draw (think)
- Talk to myself
- Cuddle cats
- Walk or bike (esp in a park)
- Tidy
- Read
- Read about people whose lives are more complicated
- Garden
- Get a hug
- Talk to select people
Thank You!

UF Counseling and Wellness Center
3190 RADIO ROAD
PEABODY HALL 4th FLOOR
(352) 392-1575

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