

Mental Well-being



It is important to prioritize our mental health during times of transition. Continue to seek options to maintain practices that were in place while on campus, set boundaries related to media coverage, and focus on the things you can control. Take a minute to think about your mental health priorities, and complete the table below.

My Mental Well-being Priorities	When I'm feeling overwhelmed, I'll tell myself...
1. 2. 3. 4. 5.	 STRATEGY: _____ Action steps: 1. 2. 3. DEADLINE: _____
STRATEGY: _____ Action steps: 1. 2. 3. DEADLINE: _____	STRATEGY: _____ Action steps: 1. 2. 3. DEADLINE: _____
STRATEGY: _____ Action steps: 1. 2. 3. DEADLINE: _____	STRATEGY: _____ Action steps: 1. 2. 3. DEADLINE: _____

Physical Well-being



Some strategies to maintain your physical well-being includes eating regular and healthy meals and snacks, practicing good sleep habits, avoiding and/or limiting alcohol and other drug use, and getting regular exercise. Think about the ways in which you practice physical well-being now, and what practices you'd like to incorporate.

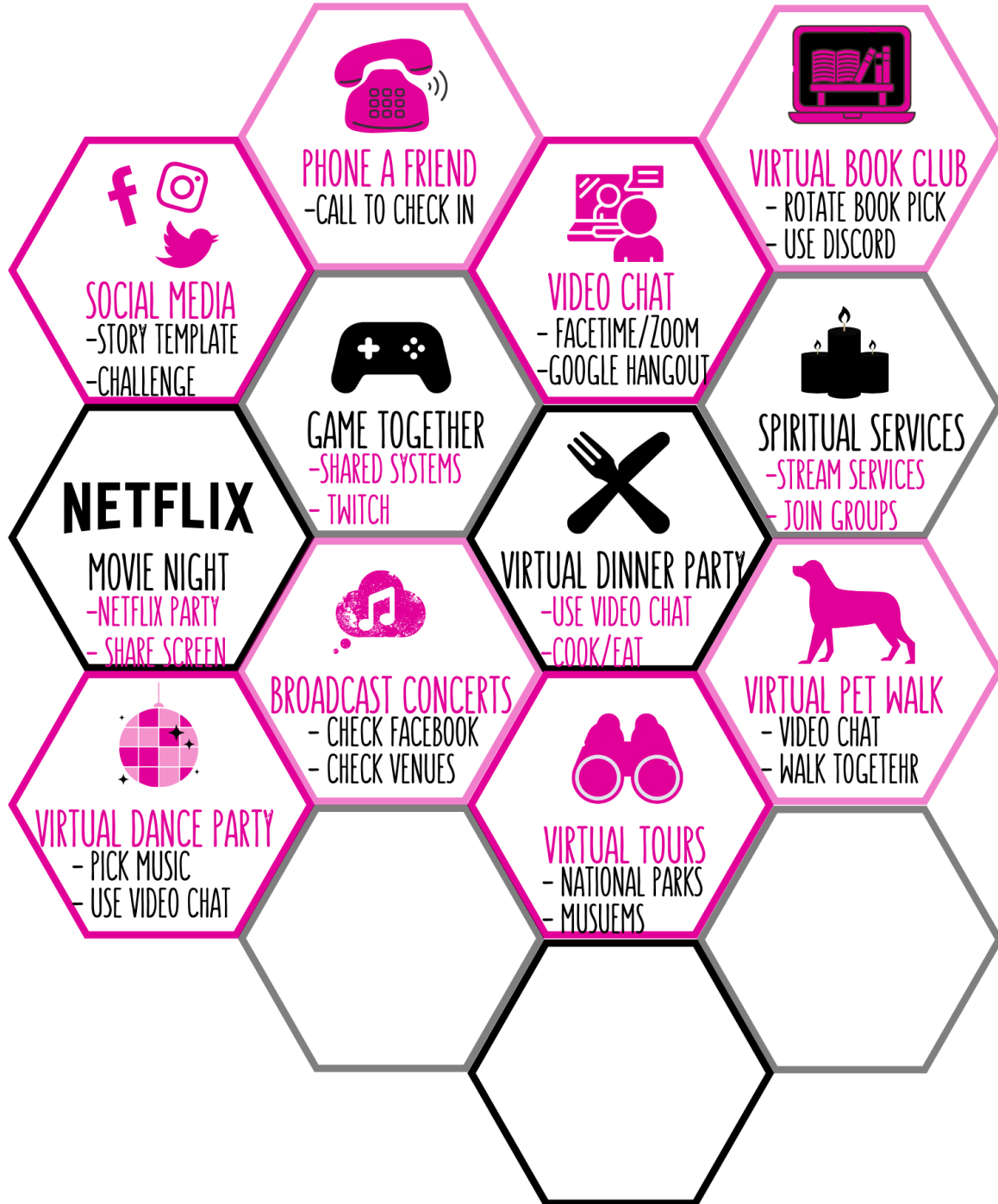
	Current Practices	Practices to Try
Sleep (Naps, bedtime routine, 7-9 hours each night)	<ul style="list-style-type: none">••••••	
Nutrition (Regular meal and snack times, variety of foods)		
Movement (Scheduled movement times, walking, home exercises)		
Alcohol and other drug use (avoiding/cutting back use, safer use strategies)		

Social Well-being



Try to be mindful of your social well-being during social distancing or isolation. Consider checking-in and connecting with your friends, family, and support system or “beehive” via videocalls and virtual hangouts. Be open about how and how often you might want check-ins and be ready to adapt as things change.

Add a star to each connection style you are interested in/already do. Consider how these connection styles will fit into your daily routine.



Motivation

It can be difficult to navigate the change to all online delivery of courses in response to COVID-19, especially if the change has affected more than just your academic life. Consider the strategies you use to stay motivated to excel academically and in your everyday life, and what things you'd like to incorporate.

List what strategies you will do and won't do to self-motivate. Reflect on these often, and modify at any time!

I will _____ *plan out my week's study, meal, social, movement, and nap times.*

I will _____.

I will _____.

I will _____.

I won't _____ *have Netflix playing in the background while I study, because I know I won't be able to concentrate.*

I won't _____.

I won't _____.

I won't _____.