



Counseling and Psychological Services

COVID-19 & Motivation

Unique Challenges to Consider

As a graduating senior, before the COVID-19 crisis hit, you likely either had plans in place for post-graduation, were stressing about plans, or avoiding it as much as possible. With the global impact of COVID-19 on the economy, you are likely needing to re-evaluate priorities and next steps.

Tips to Try

Your self-care routine is naturally going to need to shift whether you are home in isolation, with many family members, or with other distractions and responsibilities.

- Get creative. Try things you never tried before, like meditation or journaling!
- Catch up with those good social supports!
- Whatever you do, try to give yourself permission to have designated time and space NOT speaking, reading, or thinking about the COVID-10 crisis. Your brain and body needs it.

Self-care is not laziness! In fact, self-care helps with motivation.

- Many hardworking students are used to "the grind." You may be telling yourself a lot of falsehoods about what you can and should be doing right now. Give yourself intentional time and space to recharge.
- It's best to try to maintain as much of a weekly routine as possible, and make sure to include some mindfulness activities and exercise in it.

You are resilient!

- While it's unlikely you've navigated something quite like this before, you have likely dealt with many other challenges and changes to plans in the past.
- It's important to take time to pause and reflect on what strengths, mindsets, supports, and strategies helped you through those previous times that you can draw on today.

COUNSELING AND PSYCHOLOGICAL SERVICES

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