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-19 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.