Finding Balance
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Self-Care
Practicing self-care is important for everyone. Think about what makes you feel good and make an effort to do it more often. Here are some tips to get you started:

Connect!
Socializing and connecting with others can make you feel better and help you overcome challenges.

Energy! Taking mental and physical breaks from work to spend time doing something you enjoy can help you relax and recharge.

Practice gratitude!
Thinking about what you are grateful for each day can help you stay positive and feel more content.

Mindful Breathing
Feeling overwhelmed is a toll away from what you're doing and try this mindful breathing exercise:

92% of UVA undergraduates report feeling overwhelmed by one or more factors in their lives.

Get Moving
Regular physical activity—3 days per week—can strengthen your body and mind. Here are some tips to get moving in a healthy way.

Resources
Free Health Education (FHE) offers on-campus peer education sessions for mental wellness, nutrition counseling, and other topics.

Counseling and Psychological Services (CAPS) offers free counseling. Call CAPS (434) 243-1150 to schedule an appointment.

Check out the Resources link on our website for additional suggestions.