Tips and Tricks for success

Rebalancing emotional well-being can help you re-energize both mentally and physically. Here are some great strategies:

1. **Staying Engaged**
   - Plan your day out in advance.
   - Set goals for your day.
   - Take breaks.
   - Stay connected.
   - Stay active.

2. **Avoiding Fatigue**
   - Get up, get dressed, and get moving.
   - Take breaks when needed.
   - Eat healthy food.
   - Stay hydrated.

Planning & Priorities

Planning time efficiently can help you stay ahead of work, reduce stress, and have extra downtime. One way to prioritize tasks is by organizing them by what you must do, should do, and could do each day.

73% of UVA undergraduates participate in physically active hobbies during their leisure time.

*From the February 2020 NCHS with permission from the UVA NCHS publications.

Avoiding Zoom Gloom!

Zoom fatigue is real. Here are some tips to help you avoid it:

- **Get up, get dressed, and get moving.**
- **Schedule check-ins with colleagues.**
- **Choose a comfortable space with minimal distractions.**
- **Take breaks.**

Expanding Interests

Get involved and build relationships by attending virtual club meetings, workshops, and events.

Check Out:

- **Mental Health**
- **Wellness Programs**

For more suggestions, visit the "Resources" tab on the website.