Steps to Life Balance

Finding balance during a pandemic.

Creating Boundaries:
It can be hard to create boundaries between school, work, and friendships because everything is remote. Allow yourself to set time limits between studying, work, and social time.

Make Time for Yourself
Making time to pursue hobbies and interests can restore energy and emotional well-being.

Self – Care
With so much uncertainty, it is easy to forget to care for yourself. Be sure to take time to decompress and care for your personal needs.

Take Breaks
Hours can pass by quickly. Take breaks to restore energy and increase positivity!

Reach out to Social Support
Social distancing and extended work schedules have resulted in many feeling isolated. Making time for friends and family, even through video calls, can help you feel supported!

Letting Go of Guilt
Many people feel a sense of guilt for prioritizing themselves. Remember that it is okay to say “No” and take time to focus on your wellbeing.

Unplug
With 24/7 communication through technology and remote work, it is easy to always be “On”. Spend time away from the screen and give your eyes some rest.