

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.