

TAKING CARE OF YOURSELF DURING GRADUATION SEASON

Congratulations! You're graduating! You've made it! Take a moment to breathe deeply and feel proud of yourself for all you have accomplished.

Graduation can be filled with excitement, celebration, and pride. It can also be a time of unknowns and transition which can be overwhelming. Experiencing these feelings is totally normal and not permanent! Give yourself time to go through the process and experience all the emotions as they come up (and that can sometimes be all at once!).

It is important to focus on your wellbeing during this transition, so you can feel good, and be at your best for whatever comes next for you- whether that's a job, grad school or enjoying some downtime while you figure out your plan. During times like these, the emotional piece can hit hard, so be sure to consider all dimensions of your wellbeing, so you can feel balanced. Here are a few tips as you go through this exciting time. And remember...CELEBRATE!



SOCIAL

- Talk with fellow grads about what you are experiencing. You're not alone!
- Take time to connect with your friends from college- no matter where you are going- FaceTime and Zoom are great for an impromptu coffee date.



EMOTIONAL

- Reflect and celebrate your many milestones that led to graduation.
- Make lists or journal- this can help with decision making or organizing thoughts.
- Develop "prepared" answers for questions you may be asked repeatedly, such as Q: "What are you going to do after graduation?" A: "I'm working on my plan right now." This can help decrease stress.



INTELLECTUAL

- Schedule a time each week to plan your next steps. This time can help you focus on your goals.
- Have a passion you want to pursue or a new hobby? New beginnings are a great time to start one.



PHYSICAL

- Expect your body will need more rest as you undergo this transition.
- Create a routine even if you don't have work or school by maintaining your daily habits like sleep, moving your body and eating. This is particularly important in times of transition.



ENVIRONMENTAL

- Take care of your personal space so you can feel more organized and in control.
- Moving back to your childhood bedroom? Update the space to make it comfortable for who you are now.



SPIRITUAL

- Reach out to your spiritual/religious community for support and connection.
- Consider spiritual practices that anchor you during times of transitions, such as meditation, periods of silence, prayer, or music.
- Practice gratitude! Thank others for their support during college.



FINANCIAL

- Prepare a realistic post-graduation budget for yourself that is aligned with your values, goals and income.
- Be flexible and revisit your budget regularly as your income changes.
- Consider both your short-term and long-term goals now. Don't wait until you "get older" to develop a financial plan.