Well-Being and Self-Care….
In (and despite!) Grad School!

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University Health Partners
MSU Bozeman
THE CONFERENCE MORNING SESSION

Welcome, everyone!

Sorry, I haven't had my coffee yet...

(Awkward silence)

Thanks for attending. I couldn't find an earlier flight.

DAY 1
7:00am

DAY 2
7:00am

DAY 3
7:00am

LAST DAY
7:00am

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GRAD SCHOOL OFFERS UNIQUE CHALLENGES.....
COLLEGE
You only can choose two

GRAD SCHOOL
Pick one and expect to fail at it
HOW GRAD SCHOOL IS JUST LIKE KINDERGARTEN

ALL DAY NAPPING IS ACCEPTABLE  THERE IS CONSTANT ADULT SUPERVISION

YOU GET COOKIES FOR LUNCH  MOST COMMON ACTIVITY: CUTTING AND PASTING

THERE ARE NO GRADES (YOU JUST HAVE TO PLAY WELL WITH OTHERS)  CRYING FOR YOUR MOMMY IS NORMAL
Well-Being and Self-Care while you’re in Grad School???

…Is it an option???
YES!!!!
Benefits of Well-Being

- Increased energy
- Improved morale
- Better teamwork and social connections
- Increased productivity
- Reduced absenteeism
- Reduced stress
- Decreased “burn out”
Components of Self-Care

Caring for your physical health

– Nourishment
– Hydration
– Movement
– Rest / sleep
Components of Self-Care

- Recognize and honor your emotional and spiritual needs (meditation, grounding, setting boundaries)
- Find your balance in work, school, and personal life (saying no, saying yes!)
- Discover healthy outlets to reduce stress (gratitude journal, play)
- Find connections to your community (volunteer, connect with people who are important to you)
What is Self-Care?

“Self-care is not about self-indulgence, its about self-preservation.”

— Audrey Lorde
The guilt of prioritizing ourselves...
Other things that prevent us from prioritizing ourselves

– Lack of energy/feeling fatigued
– Lack of motivation
– Not knowing where to start
– Not knowing what our options are
– Perceived lack of resources
– Not feeling that we “are worth it”
Let’s Take 5 minutes now for looking at this.....

And you can take more time with it when you have a chance........
Managing your stress...

An integral part of self-care and well-being
Elements of Stress may include

- Time management
- Prioritizing and completing tasks
  - Academic
  - Work
  - The rest of your life!
- Unmet needs
  - Physical
  - Mental / Emotional
  - Financial
How my week went:

Amount of time I spent being productive

Amount of time I spent doing things I thought would make me more productive.
YOUR WEEKEND PLANS:
- Stop by the lab/office, finish up a few things.
- Go out, enjoy the weekend!

YOUR ACTUAL WEEKEND:
- Stop by the lab/office.
- Stay there until Sunday.

Almost... working...

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The main thing my thesis proved was how much I procrastinate.
How do you approach time management?
Time management - Priority Matrix

<table>
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<th>CRUCIAL</th>
<th>DO NOW</th>
<th>DO LATER</th>
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<tbody>
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<td>crucial &amp; do now</td>
<td>[like right now]</td>
<td>crucial but do later</td>
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<table>
<thead>
<tr>
<th>NOT CRUCIAL</th>
<th>not crucial but do now</th>
<th>uncategorized</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>[delegate]</td>
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Maybe I'll start with the acknowledgements...
Sleep

Why sleep?

- Sleep affects numerous aspects of your life on a daily basis and has a large impact on your overall quality of life. There is no doubt about it, when you sleep better, you feel better

How much?

- There is no ‘magic number’ for the amount of sleep we should be getting. Sleep needs vary from person to person and changes across the lifespan. College students generally need between 7-9 hours of sleep every night
You are getting healthy sleep if...

- It only takes you about 15–20 minutes to fall asleep after lying down
- You consistently sleep 7–9 hours every 24 hours
- You don’t lie awake for long periods of time when you’d like to be sleeping
- You feel refreshed when you wake up
- You feel alert and productive during the waking hours
Sleep Tips ............

- Make sleep a priority
- Address your sleep in a deliberate way
- Establish a routine
- Wind Down
- Technology Use, blue light significance
- Make your room sleep friendly
Relaxation Techniques

- Mindful Deep Breathing
- MBSR
- Meditation
- Body Scan
- Progressive Muscle Relaxation
- 5 min Chair Yoga
- Grounding Exercise: 5, 4, 3, 2, 1
- Biofeedback
- Many others!
Health Topics Related to Well-Being and Self-Care

Just Ask Us!

- Safe sex/sexual health
- Healthy relationships
- Tobacco prevention
- Alcohol and substance abuse
- Nutrition
- Physical activity
- Time management
- Wellness Coaching
MSU Resources

- Office of Health Advancement - Montana.edu/health 994-4380
- University Health Partners – Medical Services – montana.edu/health 994-2311
- Counseling and Psychological Services - Montana.edu/health 994-4531
- Office of Student Success - Montana.edu/aycss 994-7627
- Office of Student Engagement - Montana.edu/engagement 994-2933
THANK YOU !!!

Catherine Ebelke
University Health Partners
Office of Health Advancement
ATTENTION
FROM NOW ON, ALL PAPER REVIEWS WILL BE DONE WITH FACEBOOK EMOTICONS

Cham, et al. submitted a New Paper
Oct. 24 at 6:07am

👍 LIKE
"I LIKED YOUR PAPER BUT I'M NOT EXCITED ABOUT IT. IT’S GOOD WORK BUT NOT GROUNDBREAKING."

❤️ HEART
"I LOVED YOUR PAPER AND WANT TO SEE IT PUBLISHED RIGHT AWAY."

😊 SAD FACE
"THIS PAPER IS SO BAD, I’M LOSING MY FAITH IN ACADEMIA."

いただいて-align="center"></img>

😭 ANGRY FACE
"GRRRR, I WISH I HAD WRITTEN THIS PAPER."

(Unknown)
"WHOA. YOU GOT FUNDING TO DO THIS??"

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