

# Well-Being and Self-Care....

In (and despite!) Grad School!

Catherine Ebelke PA-C

Danika Comey (in absentia)

---

Office of Health Advancement

University Health Partners

MSU Bozeman

# THE CONFERENCE MORNING SESSION

Welcome, everyone!



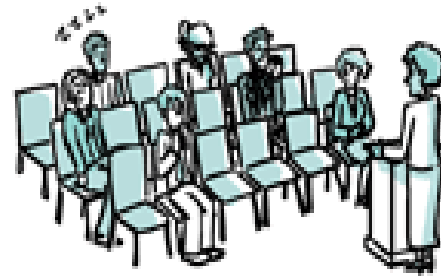
DAY 1  
7:00am

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



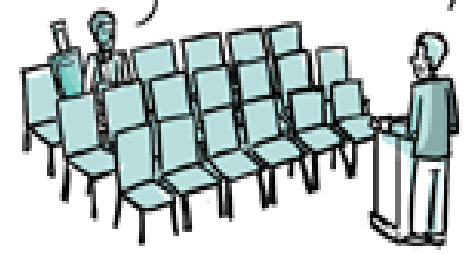
DAY 2  
7:00am

(Awkward silence)



DAY 3  
7:00am

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



LAST DAY  
7:00am

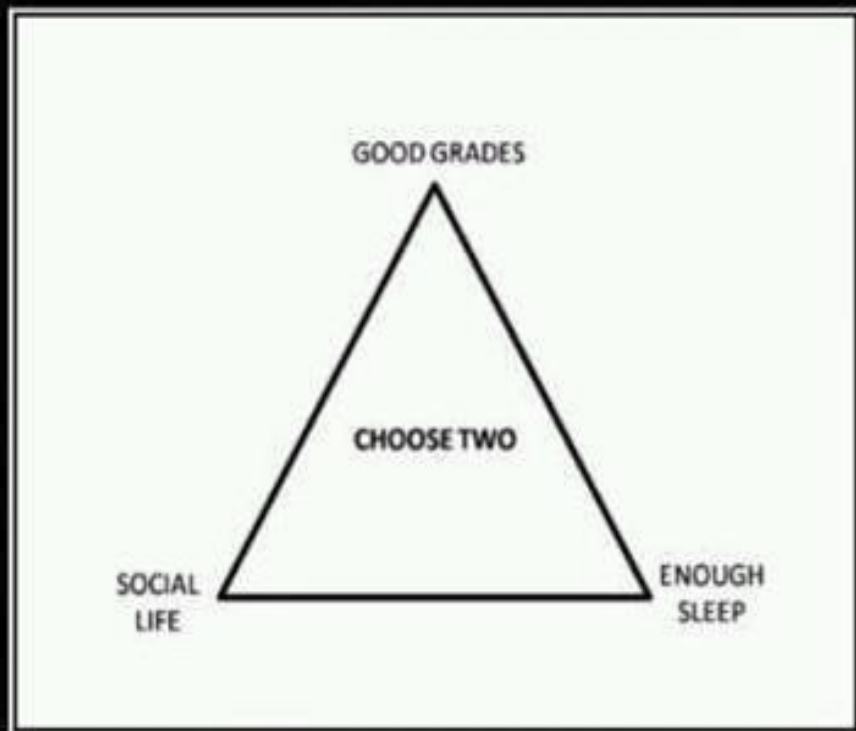


GRAD SCHOOL

OFFERS

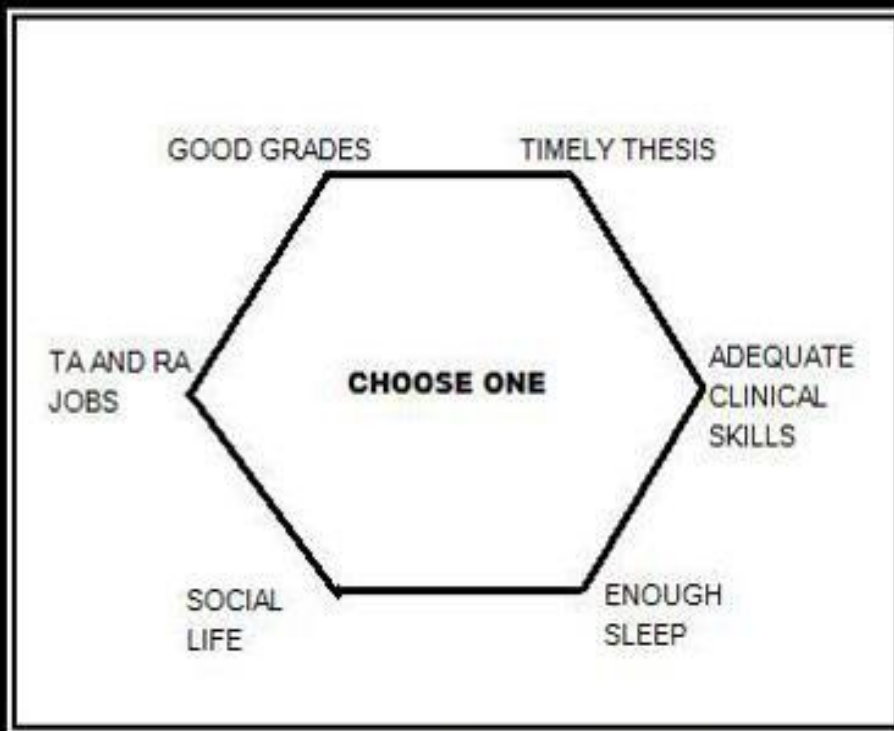
UNIQUE

CHALLENGES.....



## COLLEGE

You only can choose two

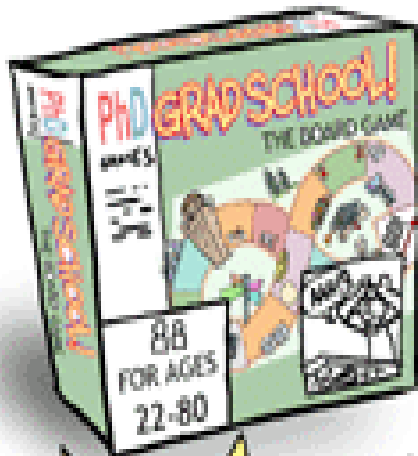


## GRAD SCHOOL

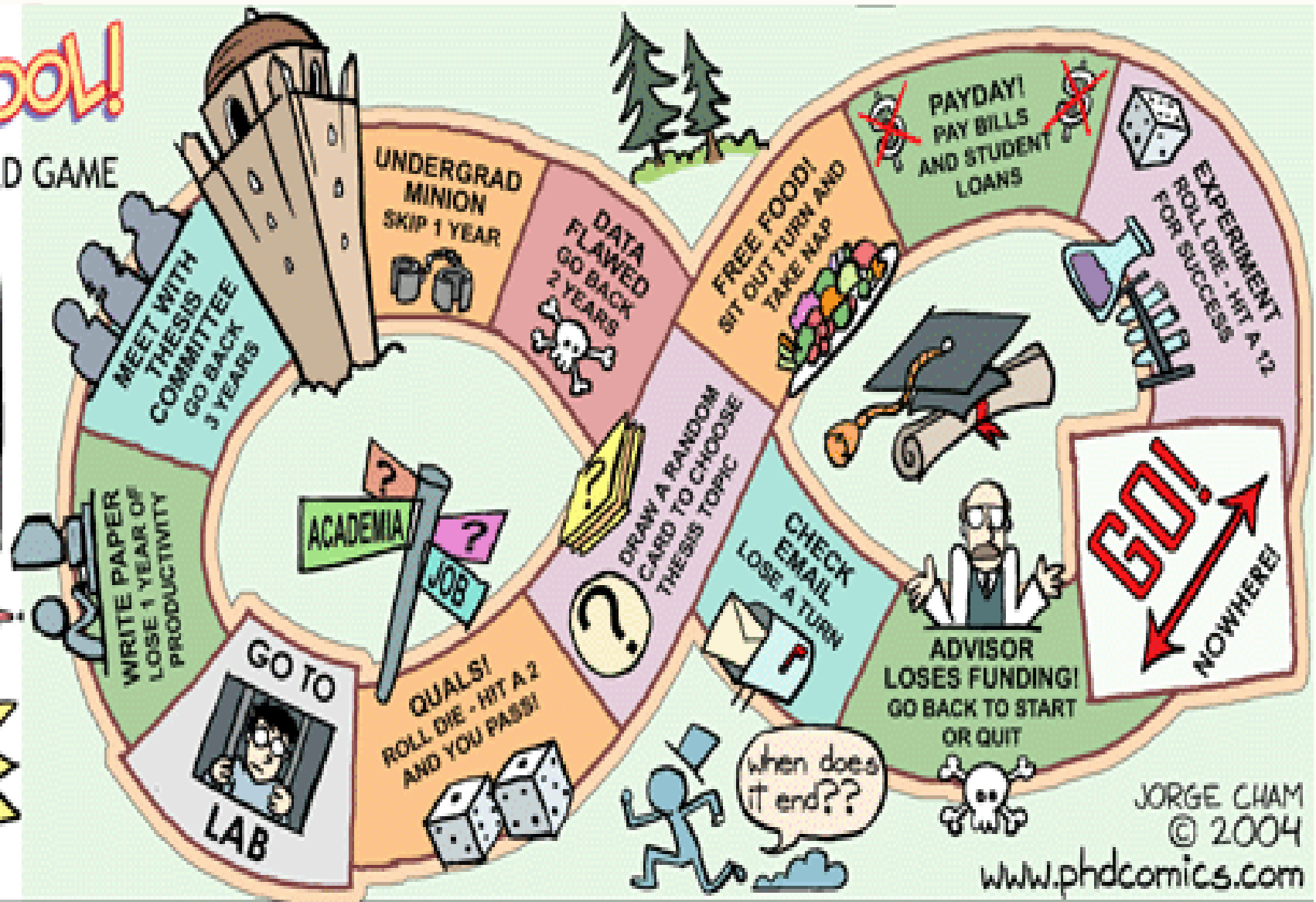
Pick one and expect to fail at it

# GRAD SCHOOL!

THE BOARD GAME



FUN FOR ALL AGES!



JORGE CHAM  
© 2004  
[www.phdcomics.com](http://www.phdcomics.com)

ALL DAY NAPPING IS ACCEPTABLE



THERE IS CONSTANT ADULT SUPERVISION



## HOW GRAD SCHOOL IS JUST LIKE KINDERGARTEN

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



JORGE CHAM © 2010

[WWW.PHDCOMICS.COM](http://WWW.PHDCOMICS.COM)



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)



*“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”

# SELF-CARE WORKBOOK

---

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

---



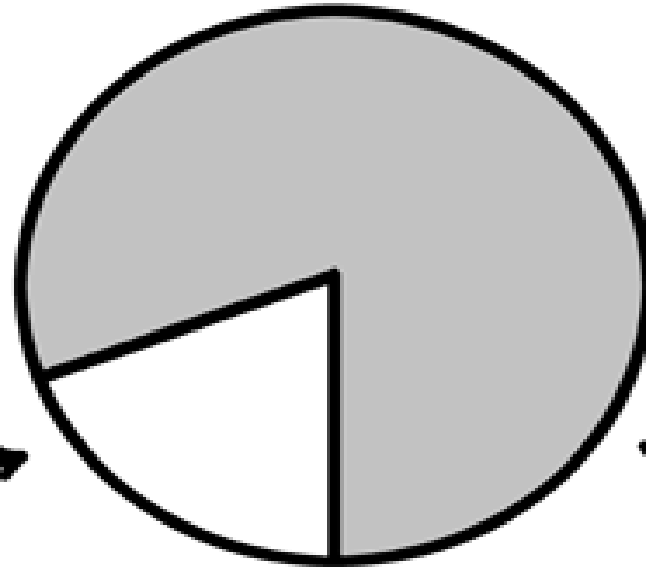


# Elements of Stress may include

- 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:

---

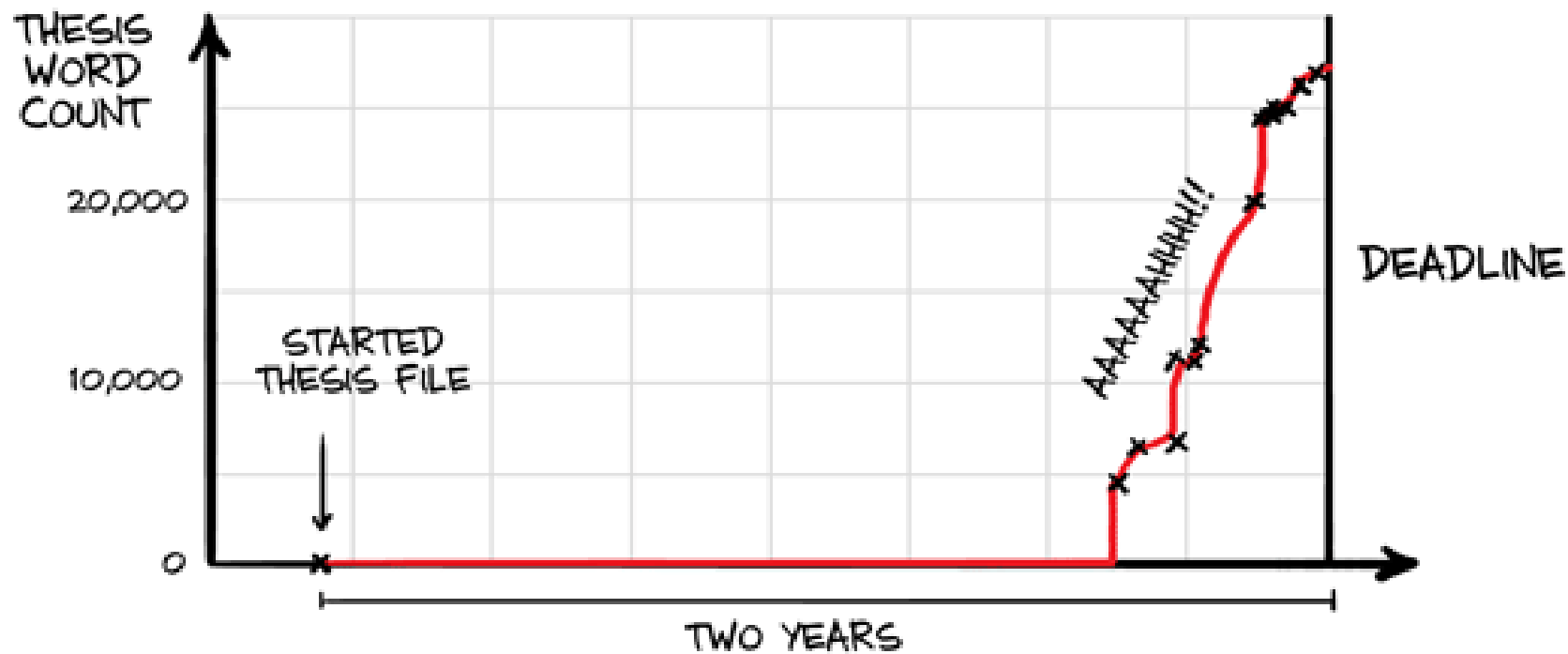
- STOP BY THE LAB/OFFICE.
- STAY THERE UNTIL SUNDAY.



JORGE CHAM © 2017

WWW.PHDCOMICS.COM

# THESIS WORD COUNT vs. TIME



THE MAIN THING MY THESIS PROVED WAS  
HOW MUCH I PROCRASTINATE



How do you  
approach  
time  
management?

# Time management- Priority Matrix

---

	DO NOW	DO LATER
CRUCIAL	crucial & do now [like right now]	crucial but do later [do soon]
NOT CRUCIAL	not crucial but do now [delegate]	uncategorized [delete or move]



JORGE CHAM ©THE STANFORD DAILY

[phd.stanford.edu/comics](http://phd.stanford.edu/comics)

# 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](https://montana.edu/health) 994-4380
- University Health Partners – Medical Services – [montana.edu/health](https://montana.edu/health) 994-2311
- Counseling and Psychological Services- [Montana.edu/health](https://montana.edu/health) 994-4531
- Office of Student Success- [Montana.edu/aycss](https://montana.edu/aycss) 994-7627
- Office of Student Engagement- [Montana.edu/engagement](https://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



3 people reviewed this

**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."

**LOL**

"DID YOU SERIOUSLY THINK THIS CRAPPY PAPER WOULD GET ACCEPTED IN THIS FANCY CONFERENCE/JOURNAL?? LOL."

**SAD FACE**

"THIS PAPER IS SO BAD, I'M LOSING MY FAITH IN ACADEMIA."

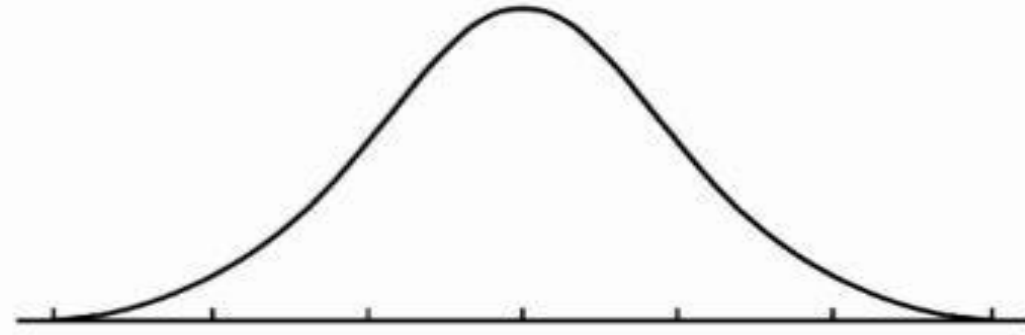
**ANGRY FACE**

"GRRR, I WISH I HAD WRITTEN THIS PAPER."

**SURPRISE**

"WHOA. YOU GOT FUNDING TO DO THIS??"

WWW.PHDCOMICS.COM



**Normal Distribution**



**Paranormal Distribution**