Take Care of Yourself and Others
For Our Community

It’s normal to feel stressed during these challenging times.

It’s important to prioritize your wellbeing, now more than ever. Here are some ideas from other MIT graduate students:*

Care for Your Mind

- Try out a mindfulness app
- Schedule a virtual counseling session
- Spend time outside in nature

Care for Your Body

- Sign up for online workout classes
- Get plenty of sleep and eat regularly
- Take frequent breaks to stretch and move around

Stay Connected

- Schedule regular virtual activities, like:
  - Netflix watch parties
  - Trivia nights
  - Book clubs
- Call or video chat with friends and loved ones

Find Purpose

- Get involved in anti-racism and diversity initiatives
- Engage with religious/spiritual community virtually

* Student suggestions from the April-May 2020 Housing Experience Survey

4 Our Community
Wash or Sanitize Your Hands. Wear a Face Covering. Practice Physical Distancing. Take Care of Yourself and Others.

Get updates at bit.ly/4ourcommunity