

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

