



SET BOUNDARIES

LIMIT WORK, ACADEMICS AND
PERSONAL LIFE. SHUT DOWN THE
COMPUTER AFTER CLASS & WORK



STAY CONNECTED

USE TECHNOLOGY TO CALL,
FACETIME, OR PLAY GAMES WITH
LOVED ONES



CREATE ROUTINE

SET A SCHEDULE WITH
RESPONSIBILITIES AND PERSONAL
TIME



GET ACTIVE

TAKE A WALK OUTSIDE, DO AN
INSTAGRAM AT HOME WORK OUT,
STRETCH, SET A TIMER TO MOVE
EVERY HOUR. BEING ACTIVE CAN
HELP REDUCE STRESS



LIMIT NEWS INTAKE

SET A COUPLE TIMES A DAY TO
CHECK THE NEWS. TOO MUCH NEWS
CAN MAKE YOU FEEL UNSETTLED



ASK FOR HELP

OVERWHELMED? TALK TO A LOVED
ONE, VIRTUALLY TO A
PROFESSIONAL OR BY EMAIL TO OUR
OFFICE



OFFICE OF WELLNESS PROMOTION

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