

Balancing Graduate School and Personal Life

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Link to captions

<https://bit.ly/4ars8UK>



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Schedule Your Week

Each in a different color:

- Class time (include commute, homework)
- Research activities
- Working out, clubs/activities, volunteering
- Less structured activities
- Personal time for the essentials – shower, eat, sleep
- Life management - emails, taking care of bills, doctor appointments



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Schedule Your Week



Balancing Graduate School and Personal Life

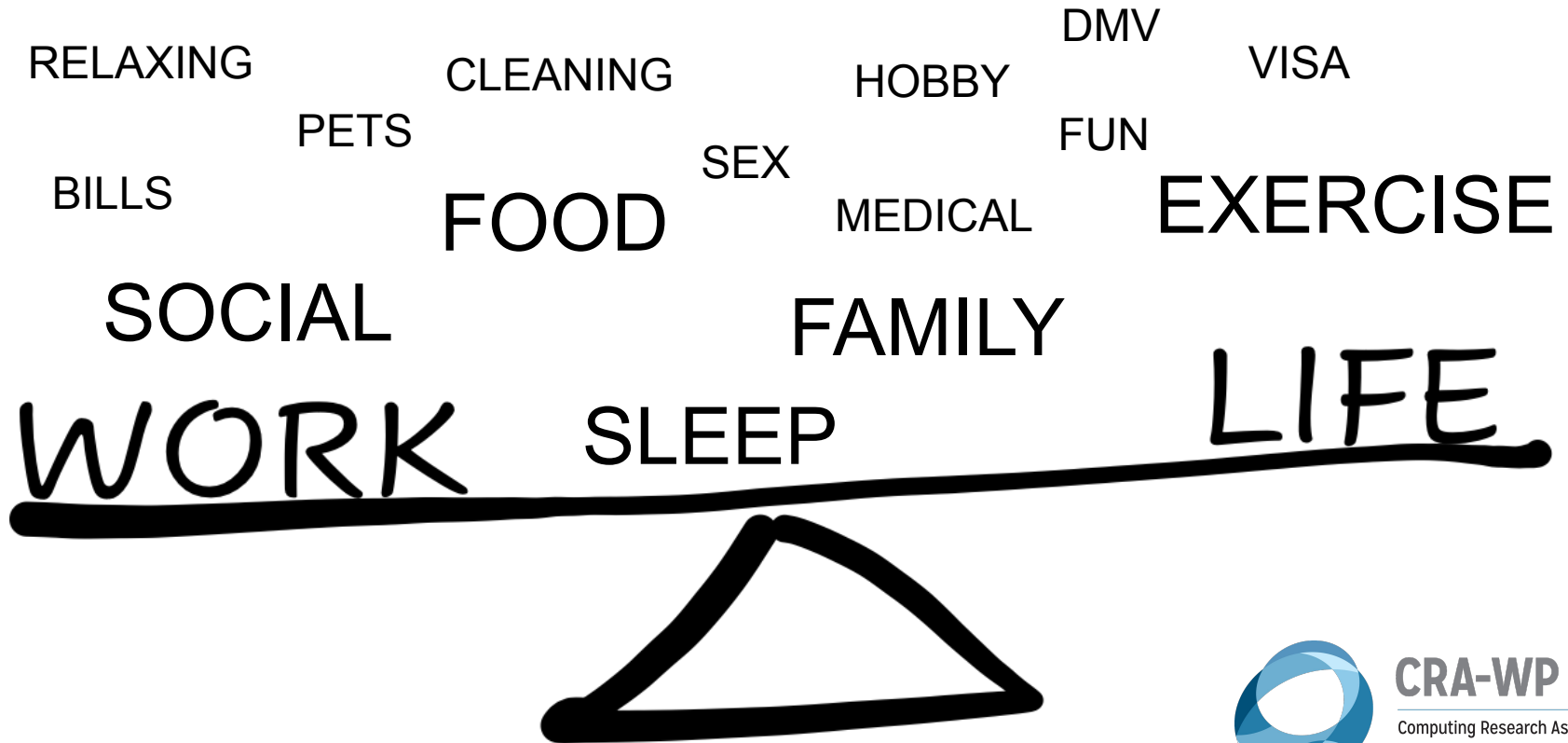
	Mon.	Tues.	Wednes.	Thurs.	Fri.	Sat.	Sun.
12:00 AM	Red	Red	Red	Red	Yellow	Yellow	Yellow
3:00 AM	Purple	Orange	Purple	Orange	Yellow	Red	Yellow
6:00 AM	Purple	Orange	Purple	Orange	Blue	Orange	Red
9:00 AM	Purple	Blue	Purple	Blue	Blue	Orange	Red
12:00 PM	Yellow	Blue	Yellow	Blue	Blue	Orange	Green
3:00 PM	Blue	Purple	Blue	Purple	Orange	Green	Green
6:00 PM	Blue	Orange	Blue	Orange	Green	Green	Purple
9:00 PM	Yellow	Purple	Green	Red	Yellow	Green	Yellow



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Myth of Work-Life Balance



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Work - Life Integration

- When school is too much or even just a little more than you want in your life, ask yourself:
 - Is there a tenable alternative?
 - What can you say no to that may disappoint others but be true to your needs and wants?
 - Can you fit in a few minutes of self-care throughout your workday?
 - What resource pools can you develop and utilize when you need them?



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Pleasing Others and Tenable Alternatives

- Why are you in school?
- Reassess your whys for doing what you do.
 - Revisit them for motivation and critical evaluation
 - Ask if you still want to achieve that WHY.
- Are you acting in roles and reactions based on external expectations?
 - Your parents, culture, or internalized conditioning that you must be the best?
 - You are worthy without being perfect.



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Self-Care - SEEDS for Happiness

- **Symptoms**
- **Eating**
- **Exercise**
- **Drugs**
- **Sleep**



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Building Your Support Network

Match +1

Level 1-2: Chatting about every day, non-emotional topics like the weather, or the taste of a meal.

Level 3-4 Non-emotional comments related to personal goals or values on subjects, such as: politics, parenting, or philosophy.

Level 5-6 Revealing private feelings and emotional judgments about personal events.

Level 7-8 Revealing personal opinions and feelings about relationship with another.

Level 9 Revealing feeling or affection and desires for more intimacy.

Level 10 Expression of love and intense feelings of caring.



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ABC's of Work-Life Integration

A - Accumulate positive emotions

B - Build Mastery of self-efficacy

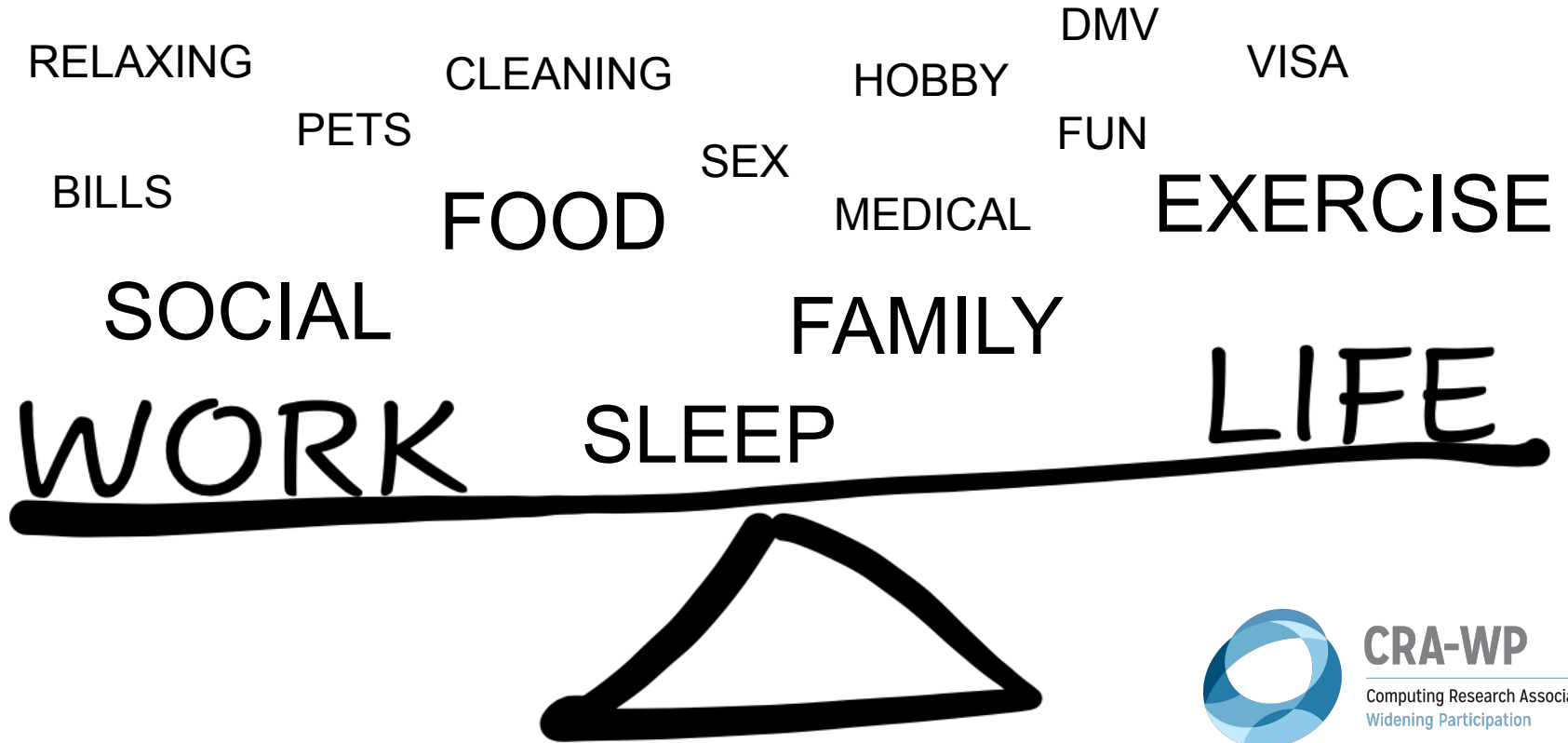
C - Cope ahead of time with difficult situations



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