SLEEP
Getting your zzzs supports your immune system, enhances your mood, increases thinking ability, and improves motor function.

STAY CONNECTED
Feelings of isolation and a sense of grief are common right now, but you can still connect via technology. To connect, check in virtually each day with at least one person, like family members, friends, classmates and colleagues. Find more ways to engage at go.unl.edu/engage.

PAY ATTENTION TO YOUR FEELINGS
Schedule a regular check in on your own well-being daily. You can ask yourself “how are you doing?” or complete a well-being quiz at resilience.unl.edu/well-being-check.

BE PATIENT WITH YOURSELF AND OTHERS
These are new times for everyone, and everyone is struggling. Do your best to be kind to yourself and keep contact information for those who are important to you close so you can reach out for help if needed. We are all in this together!

USE YOUR RESOURCES
Ongoing support for students’ well-being is offered through:

• Remote counseling with CAPS professionals caps.unl.edu | 402.472.7450

• Well-being coaching via Zoom resilience.unl.edu/well-being

• Money coaching via Zoom resilience.unl.edu/money

• Well-being check-ins resilience.unl.edu/checkin

• Wake up to well-being videos resilience.unl.edu/videos