

S.E.N.I.O.R.

Mental Wellbeing Guide

S

Set Priorities

Clarify what's most important—academics, health, relationships—so energy is spent wisely, not spread thin.

E

Embrace Support

Build and rely on a team—friends, family, counselors, mentors. Asking for help is strength, not weakness.

N

Nourish Yourself

Prioritize sleep, nutrition, movement, and joy. Well-being starts with taking care of your body and spirit.

I

Imagine the Future

Envision post-grad life not just academically, but emotionally. What kind of life do you want to build?

O

Own Your Emotions

Stress, excitement, and fear are all valid. Take time to acknowledge and express your emotions instead of keeping them bottled up.

R

Reflect Regularly

Weekly check-ins with yourself or someone you trust to adjust your pace, priorities, and mindset as needed.