SINK YOUR STRESS

FINANCIAL WELL-BEING

Week 1: September 22 – 28



Set a weekly spending limit.

Choose one nonessential item you usually purchase and skip it today.

Find a fun and free activity to attend.

Swap one regular expense with a lower-cost option. * Explore the Financial Wellness webpage and identify 3 resources that would be beneficial to learn more about.

REST AND TIME MANAGEMENT

Week 2: September 29 – October 5



Do one thing today that will help you feel more organized.

Keep track of how you spend your time today. Identify one area where you can be more efficient or cut out timewasters. Avoid screens at least one hour before bed.

Take 5-minutes to journal about current stressors and how your body feels when stressed.

Create/modify an evening wind-down routine.

HEALTHY CONNECTION

Week 3: October 6 – 12



Practice putting your phone down in social settings.

Do one small thing for someone today. Explore somewhere you've never been on campus.

Get active with a friend.

Identify one person you usually connect with on social media. Make plans to spend time together or have a meaningful conversation offline.

^{* =} check weekly email for more information