

Kent State University  
**Graduate Student Orientation**  
Thursday August 15, 2019

**Avoiding Burnout: Self-care and Wellness in Graduate School**

Ashley Davis and Phaedra Norrell

**Identifying Stressors**

Take 5 minutes to reflect on the following questions:

What are the 5 most stressful things in your life? Rate them on a scale of 1 – 5 (1 being least stressful and 5 being most stressful)

	Stressful Things	Rate	Stress Triggers	How do you cope?
1				
2				
3				
4				
5				

What are some things that make you anxious?

How do you take care of yourself when you are stressed out?

Can stress be positive? Why? Why not?

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**Mindfulness Practice**

Using the markers and paper provided, choose one (or more) of the following to spend the next 5 minutes engaged in:

1. Draw something that makes you feel relaxed.

2. Use the time to list three things that give you joy.

	What makes you happy?	List the emotion associated
1		
2		
3		

*For example: Running makes me happy. I feel peaceful.*

3. What are you grateful for today?

4. Write down what motivates you or inspires you.