

Motivation

Remember why you're here!

Why did I choose Iowa?



What brings me joy?



What are my goals?



Who brings me joy?

Am I happy with how often I do the things that bring me joy?

Yes

No



How could I do them more?





Self-Care Checklist



Know when to get help!

Am I getting enough sleep?

Yes

No

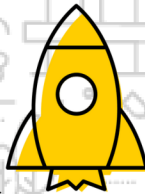


Student Wellness

Am I getting enough exercise?

Yes

No



Help with Basic Needs

Am I getting enough to eat?

Yes

No

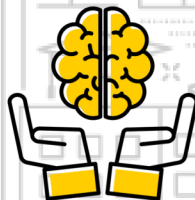


University Counseling Services

Am I struggling with my mental health?

Yes

No



It matters because you matter!