

Work-Life Balance in Graduate School

Being a graduate student comes with a lot of responsibilities. You have classes, assignments, and exams to prepare for. Sometimes, you may even have clinical rotations to be involved in. However, being a graduate student is not your only identity or thing that you are involved with. Most graduate students are also working (part-time or full-time) and hold other identities, including but not limited to, being a parent, a partner/spouse, or a caregiver. As graduate students, there seems to be so much to do with so little time to do it in. Learning how to balance the multiple responsibilities while in graduate school is important. When imbalance occurs, it opens the door for stress, anxiety, worry, burnout, and sometimes depression. Below are some things to consider when trying to navigate a work-life balance.

Work-Life Balance Considerations:



1. Time Management

- Set small, realistic goals for yourself and set specific times to accomplish tasks
- Use a planner or organizer to write down your commitments and plans



2. Self-Care Plans

- Be intentional about activities that either you calm you or energize you
- Example: Reading for leisure, listening to music, deep breathing exercises, quiet time, unplug from social media, or fitness
- Work to incorporate one self-care activity per week



3. Have conversations with family and friends about this phase of your life

- It is important to share with family and friend about what you are involved in and how support can be shown for you



4. Plan for the week **AND** for the weekend

- Be mindful about having fun and enjoyable activities planned for the weekend
- Think about the possibilities about boundaries for the work week and weekend
- If work needs to carry into the weekend, be intentional about time management and self-care



5. Do some inventory of your responsibilities

- Take a moment to review what responsibilities that you have, how you need to prioritize them, and what activities can you remove for a temporary time



6. Get connected and get support

- Know that support is available, both through on-campus resources and community resources, as graduate students. For more information, visit www.loyola.edu/counselingcenter