

NAVIGATING THE UNKNOWN



FEED HOPE

What are strengths you possess that have helped you navigate difficult times in the past?

How can they help you now?

FIND FOCUS & FLEXIBILITY

Practice contingency planning for your evening plans. What is Plan A?

And if that doesn't work out, what might Plan B look like?

Plan C?

GOOD ENOUGH IS GOOD ENOUGH

What has gone well recently?

What is outside of your control today?

How will you let that go?



BE KIND TO YOURSELF (AND OTHERS)

What do you need help with today? Who can help you?

What will you do for yourself today?

What will you do for someone else today?



**Student
Well-Being**

MCDONALD CENTER