Supporting your wellbeing Session 3: Resilience



SUMMARY OF TOPICS

What is resilience? Signs of resilience How resilient are you? Developing resilience Top tips



What is resilience?

Write down your ideas.



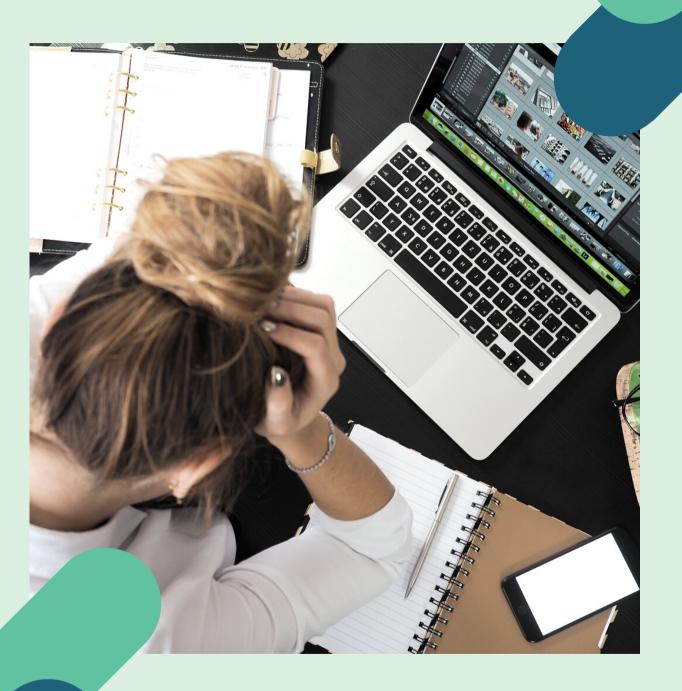




RESILIENCE

Resilience is widely considered as an individual's capacity to overcome adversities and successfully adapt to their environment.

It is your ability to bounce back and adapt to challenging circumstances.



When life gives you lemons -make lemonade



SIGNS OF RESILIENCE



- Goal setting with realistic expectations. • Problem solving skills.
- Ability to recognise own emotions.
- Social skills and ability to work with others.
- Knowing when to seek help.
- Optimistic thinking patterns.
- Willingness to overcome difficulties.
- Understanding of own strengths and weaknesses. • Learning from mistakes.
- Positive self esteem.



mind.org.uk

How resilient are you?

A good place to start is with self-assessment to see where your strengths and weaknesses currently are - just search 'online resilience questionnaire'.





DEVELOPING RESILIENCE AND MISCONCEPTIONS



First and foremost, it's important to recognise that building resilience will differ greatly from one person to the next. That's because so much of resilience is linked to life experience, and factors which you may have no control over.

This may sound unfair...and in a way, it is. But by developing resilience you will learn to handle life's challenges (and unfairness!) along the way.

Developing resilience can be misunderstood as having to go through tough experiences and just learn to 'deal with it'.

That's not the case - you can still seek support and fight unfairness and still develop resilience.

Why is this important?

As a student we want you to be able to cope with challenges that you face. University life is not always smooth sailing, and resilience will help you to navigate challenges.

Develop a growth mindset and not be afraid of failure.
Develop skills that enable you to reach your potential even in the face of adversity.
Build confidence so that you have faith in your own abilities to improve your overall sense of wellbeing.





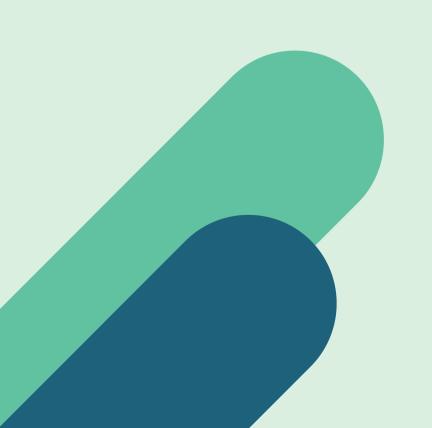
LIFESTYLE AND BEHAVIOUR

- Practice being straightforward and assertive particularly in learning how to say no if people are making unrealistic requests.
- Develop your interests and hobbies as a way of giving you an outlet away from the stresses and pressures of everyday life.
- Chat to friends or family about difficulties you are experiencing to help you to see them from a different perspective.
- Make sure that you balance your time between study and relaxation time.



PHYSICAL HEALTH

- Get enough sleep, as this can help to reduce stress and help you to deal with difficult situations.
- Keep physically active to help to reduce stress.
- Eat healthily, as having a well-balanced, regular diet can make a big difference to how you feel.



GIVE YOURSELF A BREAK

- Reward yourself for your achievements, even if they are only small steps.
- Get a change of scenery away from your desk, whether it's going for a walk or meeting a friend for coffee.
- Make time for breaks away from your studies and day to day routine. • Forgive and be kind to yourself when you have made a mistake.
- We're only human after all!

SUPPORT NETWORK

- You don't have to do everything by yourself!
- Talk to friends and family, whether to just get your feelings off your just or for practical advice.
- Access support services within the university.
- Peer support can be especially beneficial, as it will help you to realise you're not alone and others may share the same challenges.
- Specialist expertise can be found on websites such as <u>Stressbusting</u> and Mind Tools.
- You should speak to your GP if you need professional support.

Some final ideas...

RESILIENCE CALENDAR: JUMP BACK JULY 2020 SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY 3 Be willing to Make a list We can't control what happens to us, ask for help when of things that but we can choose how we respond you need it today you're looking (and always) into "I can't... yet' forward to 6 Put a problem Shift your Avoid Get the basics Help someone saying "must" in perspective mood by doing right: eat well, in need and notice or "should" to and see the something you exercise and go how that gives you yourself today bigger picture really enjoy to bed on time a boost too 12 When 14 Set yourself Challenge 15 Go for a 6 When things negative thoughts. an achievable walk to clear your get tough, say to things go wrong, Find an alternative yourself "this too goal and make head when you be compassionate

shall pass" interpretation it happen feel overwhelmed to vourself 19 Notice 20 Ask vourself: If you can't 22 Make a 23 Remember something positive What's the best change it, change list of 3 things that all feelings to come out of a thing that can the way you that you can feel and situations difficult situation happen? think about it hopeful about pass in time 26 Get back in 27 Write down 30 Ask for 28 Catch Think about touch with a 3 things you're yourself overhelp from a loved what you can supportive friend grateful for (even one or colleague. reacting and take learn from a and have a chat if today was hard) a deep breath recent challenge Be specific ACTION FOR HAPPINESS 🕞 🕗 🌔

Daily actions to look after ourselves and each other as we face this global crisis together

() FRIDAY Adopt a growth mindset. Change "I can't"

10 Don't be so hard on yourself. It's ok not to be ok

Write your worries down and save them for a specific 'worry time'

24 Choose to see something good about what has gone wrong

31 Remember that you are not alone, we all struggle at times SATURDAY Find an action vou can take

to overcome a problem or worry

11 Reach out to someone you trust and share your feelings with them

18 Let go of the small stuff and ocus on the things that matter

Notice when you are feeling judgemental and be kind instead

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actionforhappiness.org Keep Calm · Stay Wise · Be Kind

THANK YOU

We hope that you found this session useful.

