



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?



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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.

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.

DEVELOPING RESILIENCE

*Further guidance available from
mind.org.uk*

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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.

DEVELOPING RESILIENCE

*Further guidance available from
[mind.org.uk](https://www.mind.org.uk)*



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.

DEVELOPING RESILIENCE

*Further guidance available from
[mind.org.uk](https://www.mind.org.uk)*

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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!

DEVELOPING RESILIENCE

*Further guidance available from
mind.org.uk*

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SUPPORT NETWORK

- You don't have to do everything by yourself!
- Talk to friends and family, whether to just get your feelings off your chest 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 [Stressbusting](#) 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	FRIDAY	SATURDAY
 We can't control what happens to us, but we can choose how we respond			1 Be willing to ask for help when you need it today (and always)	2 Make a list of things that you're looking forward to	3 Adopt a growth mindset. Change "I can't" into "I can't... yet"	4 Find an action you can take to overcome a problem or worry
5 Avoid saying "must" or "should" to yourself today	6 Put a problem in perspective and see the bigger picture	7 Shift your mood by doing something you really enjoy	8 Get the basics right: eat well, exercise and go to bed on time	9 Help someone in need and notice how that gives you a boost too	10 Don't be so hard on yourself. It's ok not to be ok	11 Reach out to someone you trust and share your feelings with them
12 When things go wrong, be compassionate to yourself	13 Challenge negative thoughts. Find an alternative interpretation	14 Set yourself an achievable goal and make it happen	15 Go for a walk to clear your head when you feel overwhelmed	16 When things get tough, say to yourself "this too shall pass"	17 Write your worries down and save them for a specific 'worry time'	18 Let go of the small stuff and focus on the things that matter
19 Notice something positive to come out of a difficult situation	20 Ask yourself: What's the best thing that can happen?	21 If you can't change it, change the way you think about it	22 Make a list of 3 things that you can feel hopeful about	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgemental and be kind instead
26 Get back in touch with a supportive friend and have a chat	27 Write down 3 things you're grateful for (even if today was hard)	28 Catch yourself over-reacting and take a deep breath	29 Think about what you can learn from a recent challenge	30 Ask for help from a loved one or colleague. Be specific	31 Remember that you are not alone. We all struggle at times	

ACTION FOR HAPPINESS



actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind

THANK YOU

We hope that you found this session useful.