

BUILD YOUR RESILIENCE

Image: Pixabay Images



What is Resilience?

It's a process of adapting well when confronted with adversity, trauma, loss, or significant stress e.g. family or relationship problems, serious health problems, academic, work and financial stressors etc. Being resilient does not mean that you don't feel distress or emotional pain, we all do. However, resilient individuals learn effective ways of coping with adversity/trauma/loss/stress and therefore they experience better outcomes.

The great news is that resilience can be developed! It involves thoughts and actions (behaviour) that anyone, anywhere can learn and master! Just like when you start working out at the gym. It will take time and conscious, consistent effort but the more you practice/train, the better you will get!

Take note of five core components of resilience to practice daily (1) connection, (2) holistic well-being, (3) healthy thinking, (4) meaning/purpose and (5) seeking help/support. Below are valuable SCU resources to help you build your resilience.

1) Mental Health Posters for April/May are available on the following topics:

- Relationships
- Family Relations
- Coping with Loss/Grief

<https://www.up.ac.za/student-counselling/article/2960452/scu-mental-health-awareness-series>

2) Online workshops to help you succeed!

Upcoming workshop topics include test and exam preparation and self-discovery. Book in advance! Click below for more info!

https://www.up.ac.za/media/shared/396/ZP_Resources/scu-workshops-2021-final-edited.zp201484.pdf

3) Our chatbot SCU-B!

SCU-B does not replace formal counselling but provides information on aspects of mental well-being and enables students to build their own personalised toolkits comprised of tips/skills to manage their mental health. To access SCU-B, logon to your student portal, click on SCU-B and login with your student details.

- 4) **Listen to our latest podcast episode on Self-compassion** for valuable skills to boost your mental health. Check out our **podcast episode on Resilience** to learn more on how to boost your resilience.
<https://anchor.fm/scumentalhealth>

Share your **Resilience story** with us and you could win up to R2500 cash! Check our website for competition details. The competition ends 31st May!

<https://www.up.ac.za/student-counselling>

Reference:

<https://www.apa.org/topics/resilience>