

BUILDING YOUR RESILIENCE PART 2

(Image: Pixabay Images)



“Plugging into” high quality connections

This month many of you are busy with semester tests! You can build your resilience by connecting with people who can assist you with your academics such as lecturers, tutors, faculty student advisors, classmates, friends who are doing well in a particular module that you may be finding challenging etc. Ask for help, don't be afraid or shy to ask! Asking for help/support is a sign of strength and implies that you are willing to do whatever it takes to succeed!

Also, remember to connect to people who can help you maintain high levels of mental health such as friends, family members, mentors, student leaders, your counsellor/psychologist or life coach or any other important individuals in your life who are a source of support, encouragement or motivation. During high stress times we also need to be aware of other important connections that can boost our mental health such as those with our pets, nature and spiritual/divine beings.

Just as we receive support, we should also provide support to our loved ones and our UP community. Simple gestures of kindness, care or compassion can have a huge positive impact on another human being e.g. understanding/reassuring words to a friend who may be stressed, an encouraging WhatsApp text to your house mate who is writing a test, a warm smile to classmates during an online lecture, an email expressing gratitude to a lecturer/tutor who assisted you, helping a classmate who may be struggling with a module that you are topping or making a cup of tea/coffee for a family member. Think of more ideas to expand our community of care here at UP and even within your own home!

To express our care, the SCU has provided important resources below to help you further boost your resilience.

1) Check out our wellness posters on the following relevant topics:

- Test Preparation
- Coping with Stress
- Understanding and Preventing Burnout

<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 self-discovery (June) and Identity, diversity and self-esteem (July). Click below for more info! To register for a workshop, send an email to scuworkshops@up.ac.za.

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) "When your brain feels drained, get it trained!"

Online Cognitive Training program offered at the SCU. For strong and weak learners. Find out more. It's free of charge!

https://www.up.ac.za/media/shared/396/ZP_Resources/cognitive-training-flyer-pdf.zp201273.pdf

5) Listen to our latest podcast episodes:

- Understanding Anxiety
- Creating and maintaining a routine with online learning

<https://anchor.fm/scumentalhealth>

Email us studentcounselling@up.ac.za if you have any podcast topic requests for this year.