

# What is Resilience

## AND WHY IT IS IMPORTANT FOR UNIVERSITY STUDENTS

Student Counselling Unit

Mental Health Awareness Series

### WHAT IS RESILIENCE?

**Resilience** is a process of adapting well when confronted with adversity, trauma, loss, or significant stress e.g. family or relationship problems, health problems, academic or financial stressors.

Being resilient means **learning effective ways of coping** with adversity, trauma, loss, or stress and therefore allows an individual to experience better outcomes.



"bounce back from painful experiences"



"push through difficult times"

### what resilience isn't ?

Being resilient **does not mean** one will not feel stressed or experience emotional pain. Everyone experiences stress or emotional pain at some point in life.



### A **RESILIENT** STUDENT:

#### **PUTS IN EFFORT**



Learns to approach new situations with confidence and a positive mindset.



**Implements effective learning strategies and becomes a "problem-solver".**

### WHY IS RESILIENCE IMPORTANT IN UNIVERSITY?



#### **Realistic thinking**

- embrace realistic and optimistic thoughts that promote growth and progress in the face of adversity.



#### **Establish realistic goals**

- focus on what you can accomplish.



#### **Strategies to cope**

- stress is a normal part of our daily life. The important thing is to use our problem-solving skills to generate and implement effective coping strategies when faced with stress.



#### **Identify strengths**

- be aware of your strengths and use them to cope with current challenges and difficulties, e.g. communication skills, problem-solving skills, or time management skills.



#### **Learn from past experiences**

- we all have skills and coping strategies from past experience. Reflect on and use your "past experience skills repertoire" when faced with a current challenge or difficulty.



#### **Introduce positivity**

- focus on the good in your life and try to refrain from magnifying the negative experiences.



#### **Enjoy**

- make time for leisure and pleasure activities! It can enhance your mental health.



#### **Needs**

- take care of yourself. Follow a healthy diet, stay hydrated, exercise regularly, get sufficient sleep and take time out to relax.



#### **Connect with others**

- build and maintain healthy relationships with others. This also significantly boosts your mental health.



#### **Embrace change**

- be open to change. View change as an opportunity to learn, grow, improve and adapt to new ways of doing things.

