

Fostering Resilience on and off Campus

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Resilience

- Reports of students being far less resilient than in past years
- Why?
 - For some, limited opportunities to experience/learn how to tolerate disappointment
 - Limited opportunities to experience failure – stakes are high, failure is not an option
 - Limited opportunities for navigating independently
 - Living in very scary and uncertain time

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Strategies for Campuses

- Develop life skills – across campus
- Interpersonal relationships
- Dealing with conflict
- Financial planning
- Sleep hygiene, nutrition, exercise – connection between physical health and emotional well-being
- Time management – Covid-19

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Covid-19 providing lots of opportunity to develop and practice resilience

Dealing with uncertainty:

- rapidly changing information
- lack of preparedness
- 24/7 access to news

What we can do:

- Limit time spent watching news
- Wash hands
- Adhere to physical distancing rules
- Engage in things you CAN control





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- Accept anxiety
 - Certain amount of anxiety is normal
 - Worrying about being anxious will only exacerbate it

What to do:

- Practice mindfulness
- breathing
- guided imagery
- yoga
- exercise





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Tolerate Disappointment

- it's ok to be sad/disappointed
- Loss of traditions (graduation, prom, etc.)
- Loss of friends, time with friends


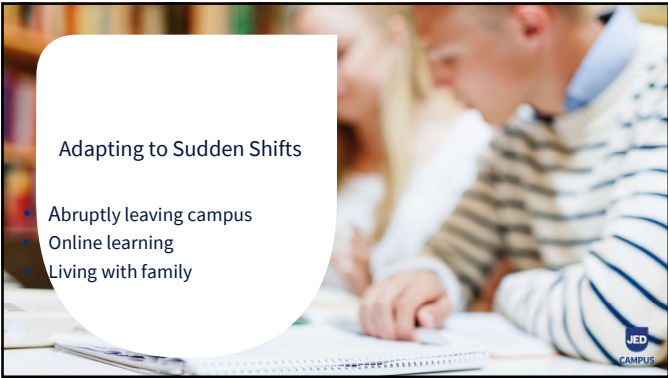
What to do:

- physical distancing, not social distancing
- Connect with friends online
- Engage in pleasurable activities
- "treat" yourself

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Adapting to Sudden Shifts


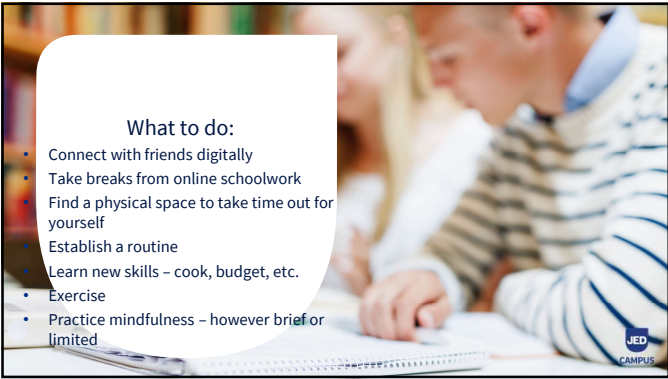
- Abruptly leaving campus
- Online learning
- Living with family



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What to do:

- Connect with friends digitally
- Take breaks from online schoolwork
- Find a physical space to take time out for yourself
- Establish a routine
- Learn new skills – cook, budget, etc.
- Exercise
- Practice mindfulness – however brief or limited



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Thank you.



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