



Practice these activities for resiliency

The key to resiliency is balance. Daily stressors deplete inner reserves. Regularly engaging in thought patterns and behaviors that REPLENISH PHYSICAL, MENTAL AND EMOTIONAL RESERVES will help you regain balance. When balance is restored you are better able to BOUNCE BACK from adversity and respond to changing circumstances without falling apart.

Strengthen these skills in order to thrive:

Increase awareness of your thoughts and feelings: There will always be a running dialogue of self-talk in your head. Cultivate awareness of both positive and negative thoughts and resulting feelings. Notice that if you question the negative narrative and savor positive elements in your "story," you gain perspective, energy and confidence to control worry and see options.

Form & Maintain Strong Relationships: Peers who respect and accept one another can provide support in both good times and bad. Avoid engaging with those who use competitive "one-upping" conversations or "stress talk." Get to know faculty, staff and other students who can broaden your perspective, offer guidance, and encourage you when facing new situations.

Cultivate Optimism: Thinking positively means viewing yourself and your abilities in a favorable light. Find the bright side of a potentially bad situation, and make the most of it. Optimism builds both confidence and hope, which lead to success.

Learn from Experience: Reflect on what's working for you and what's not. Consider the skills and strategies that help you do your best. Adopt a mindset that allows you to grow from all your experiences, including your mistakes or "failures." These may be your best teachers.

Take Care of Yourself: Fuel your body and mind by eating nutritious food throughout the day. Aim for 8-9 hours of sleep to boost creativity, critical thinking, concentration and memory. Include 30+ minutes of physical activity every day to enhance mood and release pent-up tension, anxiety, or anger.

Reflect. Notice your strengths and talents. Challenge negative self-talk. Recognize when you are comparing your "insides" to others "outsides." Visualize what you want. Keep a journal. Take a walk in nature. Meditate.

Connect with a variety of people. Cultivate friendship. Be loyal and trustworthy. Look for these qualities in others. Speak and listen carefully. Find new ways to deal with conflict. Ask for (and offer) help and support without embarrassment or judgment. Volunteer time to help others.

Express your gratitude every day. Appreciate those who help, nurture, and enrich your life. Keep a gratitude list. Say thank you whenever you can. Spend time with people who make you happy. Share joy and positivity with others.

Get out of your comfort zone. Take reasonable risks and analyze the outcomes. Be open to new options. Be willing to make mistakes or fail and learn from the experience.

Take purposeful breaks. For 15-20 minutes: take a power nap, sing or dance, break a sweat, paint or draw, meet up with a friend, enjoy a snack. Do anything that is fun or relaxing and will restore your energy.

Create digital boundaries. Sleep 'device-free,' take a digital fast at least 1 hour a day, eat a meal without digital gadgets.

Experiences to help you stay resilient:

- Volunteer at a public school
Help at your local pet shelter
Take a yoga class
Attend a music concert
Utilize the fitness center
Meditate
Start a gratitude journal
Sign up for Whitman Well
Take a cooking class
Connect with someone new
Pick up litter
Write a letter and mail it
Eat your veggies
Get creative
Help a classmate with homework
Give a hug
Color
Share your lunch
Take a life skills class
Smile at a stranger
Walk downtown
Let someone go ahead of you in line
Go on a picnic
Read a non-text book
Make a cake
Take up a new craft
Bring your neighbor a plate of cookies
Dance
Nap
Take time to breathe
Be aware of what you do and say
Laugh more
Donate to the food bank
Use less paper
Give the benefit of the doubt
Plant a tree
Listen to others with your full attention
Say exactly what you mean
Don't be afraid to say no
Let go of what you can't control
Trust your instincts
Be kind to yourself!

Brought to you by the Whitman Counseling Center in collaboration with Cornell University & Resiliency Consortium