

BUILDING YOUR RESILIENCE

adapting well in the face of stress & adversity



Student Counselling Unit
Mental Health Awareness Series
May 2022

Build Connections

Find trustworthy and compassionate individuals who can **validate your feelings**, are a source of **moral** and **practical support**.

Be active in civic **groups**, faith-based communities, or other organizations provides **social support** & can help you reclaim hope.

Keep things in **perspective**. Identify areas of irrational thinking & adapt a more balanced & realistic way of thinking.

Accept that **change is a part of life** & **learn from your past**.
Focus on what is within your control.

Be positive.

Maintaining a hopeful & optimistic outlook empowers you to expect good things.

Embrace Healthy Thoughts

Purpose, Values & Strengths

Be proactive. Acknowledge where you are at but also ask yourself:
"what can I do about this situation in my life?"

Break things down into **manageable pieces**.

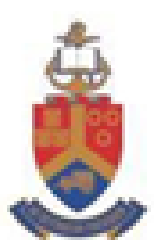
Develop **realistic goals** & move towards them regularly, even if it seems like a small accomplishment.

Practice **self-care**.

Cultivate **positive lifestyle** factors such as good eating habits, ample sleep, hydration, & regular exercise.

Avoid negative outlets such as alcohol, drugs, or other substances.

Foster Wellness



Department of
Student Affairs

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- For more info or **self help** resources, check the Student Counselling Unit website: <https://www.up.ac.za/student-counselling>
- For **Academic Support**, consult with your Faculty Student Advisor
- For **24 hour support**, call the UP Careline on 0800 747 747
- For **therapy/counselling**, email studentcounselling@up.ac.za

REFERENCES

1. Cassidy S (2015) Resilience Building in Students: The Role of Academic Self-Efficacy. *Frontiers in Psychology*. 6:1781. Doi: 10.3389/fpsyg.2015.01781
2. American Psychological Association. (2020, February 1). Building your resilience. <http://www.apa.org/topics/resilience>
3. Image from Unsplash