

Resiliency

Many times during the college experience you must deal with hard situations requiring you to persevere. This worksheet intends to discuss what it means to be resilient, why it's important, and tools to develop resiliency.



What is resiliency?

Resiliency is the ability to bounce back, recover, and progress forward in the face of adverse situations.

- Think of someone resilient in your life. Now, take a minute to write a few sentences about them and why they embody resiliency to you.

It's important to remember a few things that resilient people are NOT.

- Resilient people are not always happy. Dealing with situations isn't always going to be easy and may sometimes be stressful and hard.
- Resiliency does not look the same for everyone. You may handle something differently than your resilient role model, but that does not make you any less resilient than them.
- Resiliency is not something you're born with, in order to be resilient one must work on that skill throughout life in different adverse situations.

Why is resiliency important?

Life can be really challenging, and it is important to be able to continue to progress forward even when things are hard.

- Take a moment to reflect and write about a challenging time in your life. How did you overcome the challenge? What did you learn about yourself through the process?

When it comes to your college academic goals resilient people tend to do better than students who aren't, why? Resilient people look at life through the lenses of **A + B = C** which means:

- **Adversity** is the what you are struggling with in itself. That could be academics, tragedy, family issues, and other hardships.
- **Belief** is what you think about yourself and/or the situation. Practice positive self-talk. Talk to yourself like you would talk to someone you love. Avoid the pressures of perfectionism by reminding yourself that no one can be held to that standard.



- Take a moment to think about and write what **triggers** you to feel unworthy.

- **Consequence** is a result of the adverse situation in combination with what you believe about yourself.

Resiliency Tools

Tap into your strengths, practice healthy holistic behaviors, laugh, practice help-seeking behaviors, & practice self-care:

- **Physical:** nutrition, exercise, sleep, medical care, hygiene
- **Mental & Emotional:** stress management
- **Social:** Who are supportive people in your life?

The 6 C's of Coping

- Calm**
Rest & Digest versus Flight, Fight, or Freeze
- Compassion**
Practicing self-compassion
- Clarity**
Using mindfulness to assess your situation, accepting your emotions and what is without judgement
- Connection to Resources**
Knowing your options and reaching out for help
- Competence**
Focusing on your strengths
- Courage**
"I think I can, I think I can, I think I can"

Think back to your **triggers** of unworthiness. What are two simple things you can do to help silence those triggers when they begin to surface?
