



# Building Resilience: Coping Mechanism for Stress and Distress



# Main Points

1. **Intro: What is Resilience?**
2. Foster Wellness
3. Find Purpose
4. Support Group System
5. Embrace Healthy Thoughts



# Intro: What is resilience?

**Resilience** is our ability to “bounce back” after encountering difficulty. It is a process of **adapting** well after facing adversity, trauma, tragedy, threats or significant distress. Thus, resilience also involves **personal growth**.



# Foster Wellness

## → Practice mindfulness

- ◆ Write in a Journal
- ◆ Meditate
- ◆ Pray
- ◆ Ruminates on positive aspects

Practice mindfulness: this can be achieved with, for example, a **journal**. Writing down what you are experiencing aids you in processing your feelings.

**Yoga, meditation** and **prayer** also help people build connections and restore hope.

**Ruminate** on positive aspects by recalling things you are grateful for.



# Foster Wellness

- Avoid negative outlets
- Take care of your body



**Seek resources** to manage stress, instead of seeking to eliminate the feeling of stress.

Stress is a much **physical** as it is **emotional**, thus is important to practice **self-care**. Proper nutrition, sleep, and exercise can build resilience and reduce the toll of anxiety or depression

# Find Purpose

- Help others
- Foster self-discovery
- Acknowledge and accept your emotions



**Volunteer** locally or simply **help a friend**, this can foster a sense of purpose, self-worth and build connections and support.

**Acknowledge** and **accept** your feelings. Moreover, **foster self-discovery** by asking questions:

“Why do I feel like this?” “What can I do about this problem?” “Who can help me?”

# Support Group

- Prioritize Relationships
- Join a group

**Connect** with empathetic and understanding people. Prioritize relationships that **validate** your feelings and **support** your resilience.

**Join groups!** These can be faith-based, hobby groups, civic groups, or other local organizations.



# Embrace Healthy Thoughts

- Remind yourself of perspective
- Embrace change
- Maintain hope



**Identify** areas of irrational thinking.

(Negative overgeneralization, tendency to catastrophize difficulties, or assume that the world is out to get you)

You can't change stressful events, but you can acknowledge and change how you **interpret** the response.

Your goals may **change** and that is okay.

**Acknowledge** negative thinking, and disrupt it.



# Seek Help

**Getting help** is crucial in building resilience.

<https://students.ubc.ca/health/counselling-services>

<https://www.dentistry.ubc.ca/education/students/healthsafety/>

