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
 - Ruminate 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.

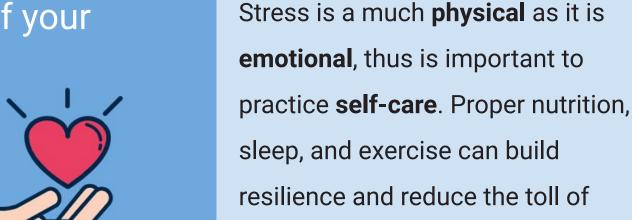
Yoga, **meditation** and **prayer** also help people build connections and restore hope.

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



Foster Wellness

- → Avoid negative outlets
- → Take care of your body



anxiety or depression

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

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/

