

REsilience

In conjunction of **RE.** Mental Health & Suicide Prevention Campaign

What is resilience?

Resilience is the capacity in which an individual adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. It means bouncing back from difficult experiences.

Being resilient does not mean that people don't experience stress, emotional upheaval, and suffering. Some people equate resilience with mental toughness, but demonstrating resilience includes working through emotional pain and suffering.

What is resilience behaviour?

Some characteristics of resilient behavior include:

- ☺ Viewing setbacks as impermanent.
- ☺ Reframing setbacks as opportunities for growth.
- ☺ Recognizing cognitive distortions as false beliefs.
- ☺ Focusing on events you can control.
- ☺ Committing to all aspects of your life.
- ☺ Having a positive outlook on the future and developing a growth mindset.

Why is resilience important?

Find the Silver Lining to adapt to future challenges. Resilience is important because it gives people the strength needed to process and overcome hardship.

Those lacking resilience get easily overwhelmed, and may turn to unhealthy coping mechanisms. Resilient people tap into their strengths and support systems to overcome challenges and work through problems.

Scan Me



Owned and governed by the

Jeffrey Cheah
Foundation
Nurturing the Seeds of Wisdom

Self-help leaflets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, Sunway Education Counselling & Wellness makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

How to build & cultivate resilience?



1. Make every day meaningful

Do something that gives you a sense of accomplishment and purpose in daily basis. Set goals to help you look toward the future with meaning.

2. Get connected

Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in good and bad times. Establish other important connections by volunteering or joining peer support group.

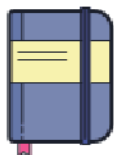


3. Be proactive

Look into your problems and figure out what needs to be done, make a plan, and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

4. Self-care

Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery or deep breathing.



5. Reflection

Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times. You might even write about past experiences in a journal to help you identify positive and negative behaviour patterns – and guide your future behaviour.

6. Seek professional support

Becoming more resilient takes time and practice. If you don't feel you're making progress – or you don't know where to start – consider talking to a mental health professional. With guidance, you can improve your resiliency and mental well-being.



How to build resilience in students / others

1. Encourage goal setting and brainstorm about potential obstacles they may face and how to overcome these.
2. Promote healthy lifestyle & self-care.
3. Encourage them to practice gratitude.

References:
<https://www.apa.org/topics/resilience>
<https://caps.unc.edu/self-help/academic-success/resilience>
<https://positivepsychology.com/resilience-skills/>
<https://www.studentssupportmanchester.ac.uk/taking-care/wellbeing/looking-after-yourself/resilience/>
<https://www.everydayhealth.com/wellness/resilience/>
<https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

For more information
about our campaign.
Scan this



CALL US!

24/7 MENTAL HEALTH

CRISIS HOTLINE

018-3893220



03-74918622
Ext. 3022/3023



counselling@sunway.edu.my



Student LIFE at
North Building, G-Floor



Login to iZone > Services >
eForms > Counselling eForm



sunway_counselling



Sunway Education
Counselling & Wellness

SUNWAY
counselling & wellness