

## WELLNESS WEDNESDAY TIPS

### RESILIENCE

The American Psychological Association describes resilience as the “process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress”.

It is not a quality that one either has or doesn't have. Resilience is something that can be developed and strengthened. Some strategies for strengthening one's sense of resilience take time, just as training for a marathon does. Other strategies can be used in more immediate situations.

#### **What can I do now to strengthen my sense of resilience during these difficult times?**

**1 Connect with others**

Maintaining contact with others helps you remember that you are not alone. Talking with others can help you problem-solve how to manage your situation. It can also provide a break from the stress. Volunteer work can provide a sense of purpose and satisfaction.

**2. Pay attention to your thinking and challenge irrational thoughts.**

Ask yourself: Are these thoughts helping me? Are they increasing my level of stress? Typical unhelpful thinking patterns include catastrophizing, negative predictions about the future, and self-blame or blaming others.

**3. Take care of yourself physically – nutrition, exercise, sleep.**

It's hard to think clearly and problem-solve when you are tired or exhausted.

**4. Avoid behaviors that focus on eliminating your feelings of distress.**

Alcohol, drugs, or other substances may mask your feelings short term but can interfere with one's ability to cope effectively

**5. Recognize areas in which you do have control.**

You might not be able to control your surroundings or others' decisions, but you can control how you respond and manage your circumstances.

**6. Maintain a hopeful outlook.**

This time will pass.

Being resilient doesn't mean events aren't experienced as difficult or emotionally painful. However, if you feel persistently overwhelmed or stuck, depressed or overly anxious, seeking assistance can help you move forward.

Feel free to contact the MSCC with questions, concerns, or to schedule an appointment.

Building Your Resilience American Psychological Association. February 1, 2020.

<https://www.apa.org/topics/resilience>

What is Resilience? Aoife Keane. July 19, 2016.

<https://www.changeboard.com/article-details/16347/what-is-resilience-/>

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