

ENHANCING STUDENT RESILIENCE

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WHAT IS STRESS?

Stress is an **internal** experience that occurs when we **perceive** that the demands of our environment exceed our ability to meet them.^{2, 16}

We can **influence** but we **cannot control** stress at these levels

We **CAN** control at the individual level



Evidence-based strategies and healthy coping can create a buffer against the harmful effects of stress at the individual level.

PAUSE/BREAK

ENHANCE POSITIVE AWARENESS

KINDNESS TO SELF

SOCIAL CONNECTION

STRATEGIES TO PAUSE/BREAK

WHY PAUSE/BREAK?

Fatigue
Stress
Burnout
Anxiety



Productivity
Mood
Attention
Well-being



13, 14, 22, 5, 27

HOW TO PAUSE/BREAK?

...by **paying attention to what we sense or experience**

In the present moment

On purpose

With nonjudgmental acceptance

11, 12

Try using a **mindful progressive muscle relaxation** activity.^{3, 5}

[CLICK FOR AN EXAMPLE](#)

Try using a **calming breath** activity.^{7, 10, 12}

[CLICK FOR AN EXAMPLE](#)

STRATEGIES FOR SLEEP^{1, 4}

YOGA NIDRA

[CLICK HERE FOR A YOGA NIDRA SLEEP MEDITATION](#)

SLEEP WITH ME PODCAST

[CLICK HERE FOR A PODCAST THAT TELLS BORING BEDTIME STORIES TO HELP YOU FALL ASLEEP](#)

COMING TO YOUR SENSES^{9, 11}

Using your senses is a great way to ground yourself in the present moment and take a pause. Focus on the sounds or smells around you or how your clothes feel on your body.



CLICK EACH SENSE FOR SHORT GUIDED VIDEOS

STRATEGIES TO ENHANCE POSITIVE AWARENESS

WHY ENHANCE POSITIVE AWARENESS?

We are often very quick to notice negative information (e.g., criticism, daily hassles, upsetting news) in our daily lives. This negativity bias predisposes our perception to recognize negative information while positive information (e.g. praise, pleasant feeling, daily joys) often goes unnoticed.

Fortunately, research also shows that **increasing our ability to notice the positive things that happen to us is protective** against the harmful effects of stress.

Even in the most difficult of times, we can try to notice little (or big) things that make us feel better, if only for a moment.

15, 25, 29

THREE GOOD THINGS



Write down 3 good things that happened in the last 24 hours (e.g., had my favourite breakfast, hugged my partner/family member). Think of how you felt in those moments and savour that feeling! 6, 24

GRATITUDE JOURNAL



Try it! Set time aside 3 days per week to write down, in detail, something or someone that you are grateful for. 6, 8, 24

NOTICING POSITIVE MOMENTS



Use your senses to enhance **positive awareness** during routine activities (e.g., when you drink your morning tea, notice how wonderful it smells)



Take the time to enjoy some of your favourite things by using your senses.

STRATEGIES TO ENHANCE OUR KINDNESS TO SELF

SELF-COMPASSION

Research shows that self-compassion is associated with **better functioning under stress, increased motivation, and greater resilience.** 19, 20, 21

KINDNESS TO SELF

Try a **loving-kindness practice!**



RECHARGING WITH SELF-CARE

Prioritize **self-care** without feeling guilty. Self-care is Step 1 in caring for others!

Make self-care part of your daily routine!



STRATEGIES TO ENHANCE SOCIAL CONNECTION

RANDOM ACTS OF KINDNESS

17, 18, 23, 28



Can be big or small, and the recipient doesn't even have to be aware of them!

[Click here to learn more about the Random Acts of Kindness mission](#)

PASS IT ON



Every time someone is the recipient of an act of kindness, pass it on to keep the initiative going!

ACTING ON VALUES

Another way to enhance social connection is by **acting on our values** to make a positive difference.

Start by identifying a cause that you care about and **take meaningful action.** 26

FEEDBACK & CONTACT INFORMATION

