

# Maintaining Resiliency During Difficult Times



## 1) ACKNOWLEDGE YOUR PROGRESS

You have already overcome many challenges to get to where you are. It's important to take time to **acknowledge** your strength, courage, and perseverance in times of difficulties.

## 2) FOCUS ON THINGS YOU CAN CONTROL

When things happen that are out of your control, it is easy to feel overwhelmed and helpless. It's important to focus on what you can control such as the way you **respond** to challenging situations.



## 3) TAKE CARE OF YOURSELF



It's easy to lose track of self-care during times of adversity. **Pay attention to how you are taking care of yourself physically, emotionally, & mentally.** Are you eating? Are you getting fresh air? Are you doing things you enjoy such as listening to music, dancing, laughing, talking to your friends?

## 4) ESTABLISH A SUPPORT NETWORK

**Positive** relationships can be a source of comfort & guidance during difficult times. Strengthen relationships with trusted individuals such as family, friends, advisors, coaches during difficult times. Reach out to your network often to stay connected.



## 5) REMIND YOURSELF OF YOUR GOALS



It's easy to lose sight of your goals during difficult times. Remind yourself **why** you're in college and what you're working towards. Make sure to celebrate small accomplishments - you *should* feel proud for waking up, attending online lecture, and finishing an assignment.

## 6) FOSTER POSITIVE THINKING

Negative thoughts about ourselves, others, or the future can lead to unhelpful emotions. Be aware of what you're telling yourself and try your **best** to develop positive thoughts. If you are having trouble staying positive consider reaching out to your support network, engaging in self-care, and practicing 5-minutes of **mindfulness** everyday through gratitude journaling, meditation, or yoga.

