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.