

Recommendations for You:

Your responses indicate **some areas of potential difficulty** in dealing with stress as a university student.



Many students share these experiences. It is common for students to experience some difficulty in coping with stress.

However, we do suggest that you access the below listed resources to build capacity to cope more effectively with challenges that arise.

If you feel you need more formal support, we invite you to visit our **resources** page which lists various support services available at McGill and in the Montreal community.

You can also view our **Help-Seeking infographic** which provides information on how to seek support.

We recommend that you make use of the following resources:

- 1 Our **interactive website**, with a variety of resources in different formats.

Education4resilience.project.mcgill.ca

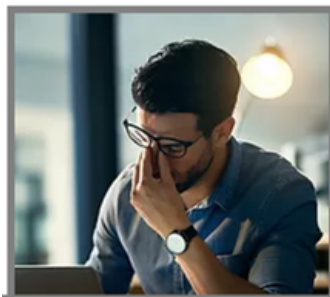
- 2 Specifically, we encourage you to make use of some of the resources within the **six mental health resilience areas** below:



Understanding

For some psychoeducation about stress and coping

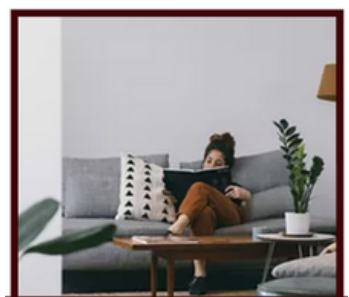
[Learn more](#)



Managing stress

For resources about maintaining positive mental health in stressful environments

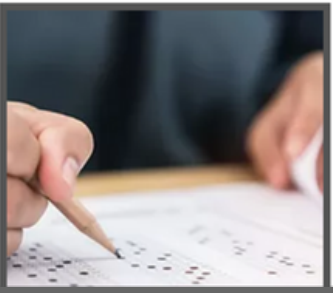
[Learn more](#)



Well-being

For resources on enhancing our well-being in high stress moments

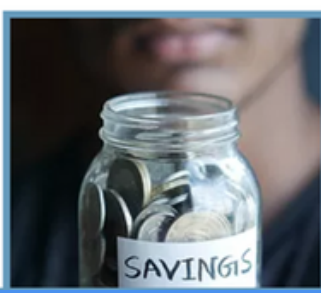
[Learn more](#)



Enhancing Performance

For resources on managing academic expectations and enhancing your performance

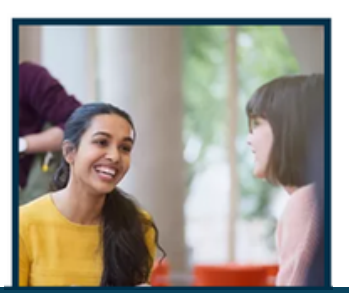
[Learn more](#)



Adulting

For resources on coping with new responsibilities as an adult

[Learn more](#)



Socializing

For resources on creating and maintaining social connections during university

[Learn more](#)

In pages above, you will find strategies and resources in many different formats:

The brief **videos** cover topics such as **stress & coping, motivation, performance & expectations** and all present simple strategies to build resilience and cope effectively as a university student.

Videos are less than 8 minutes in duration and can be watched in any order that works best for you.

The **infographics** provide information, strategies, and weblinks around various **stress management techniques** for all six mental health resilience areas.

The **quick practices** present some on the go, easy to use resilience building **strategies** to cope with everyday stressors.

These practices can be used anywhere and anytime.

FEEDBACK & CONTACT INFORMATION