

Tell us what you think!



ENHANCING STUDENT RESILIENCE

Check out the evidence!

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, 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}

View the **Progressive Muscle Relaxation** resource.



Try using a **calming breath** activity.^{7, 9, 12}

View the **Calming Breath** resource.

STRATEGIES FOR SLEEP

1, 4



YOGA NIDRA



The **Yoga Nidra For Sleep** includes guided sleep meditations!



SLEEP WITH ME PODCAST



To listen to boring bedtime stories to help you fall asleep, visit **The Podcast That Puts You To Sleep.**

COMING TO YOUR SENSES

10, 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.



To learn more about using your senses to ground yourself, try the **Coming to your Senses** guided audios on our website!

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

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.

THREE GOOD THINGS

6, 24



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!



View the **Three Good Things** resource to learn more about how to do this activity!



GRATITUDE JOURNAL

6, 8, 24

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



Visit **Gratitude Journal** to learn more about how to do this activity!

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

Visit the **Self Compassion Meditation** resource.



RECHARGING WITH SELF-CARE



Prioritize self-care without feeling guilty and make it a part of your daily routine. Self-care is Step 1 in caring for others!



Visit **5 Self-Care Practices for Every Area of Your Life** to learn more about self-care.

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!

To learn more about random acts of kindness, visit



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

Visit **What Are Your Values** to learn more about aligning your values with your goals.

FEEDBACK & CONTACT INFORMATION

EDUCATION
FOR
MENTAL
HEALTH
RESILIENCE



View the reference list for
this infographic



Contact us for more information at

emhr@mccgill.ca

Dr. Nancy Heath
Director of EMHR
Faculty of Education



nancy.heath@mccgill.ca

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[CLICK FOR AN EXAMPLE](#)



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YOGA NIDRA



SLEEP WITH ME
PODCAST

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

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

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CLICK EACH SENSE FOR SHORT GUIDED VIDEOS

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KINDNESS TO SELF

Try a **loving-kindness practice!**



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Make self-care part of your daily routine!



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