

# **ENHANCING STUDENT RESILIENCE**

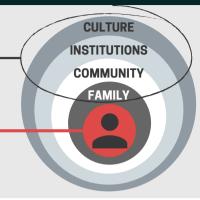


### WHAT IS STRESS?

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.









### STRATEGIES TO PAUSE/BREAK

# **WHY PAUSE/BREAK?**

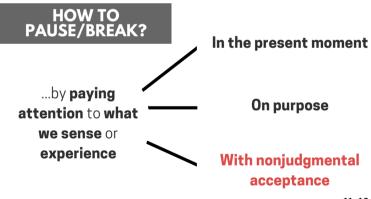
**Fatigue** Stress Burnout Anxietv







13, 14, 22, 27



11, 12



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



Try using a calming breath activity.7, 9, 12

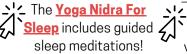
View the **Progressive Muscle Relaxation** 

> View the Calming Breath resource.

# STRATEGIES FOR SLEEP



### **YOGA NIDRA**





## **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**

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 <u>Coming to your Senses</u> 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.

### **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!



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



### **GRATITUDE JOURNAL**

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!







### **NOTICING POSITIVE MOMENTS**

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









: Take the time to eniov 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**





### **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 <u>5 Self-Care Practices for Every Area</u>
of Your Life to learn more about self-care.

### STRATEGIES TO ENHANCE SOCIAL CONNECTION

### **RANDOM ACTS OF KINDNESS**



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** 

### 17, 18, 23, 28 **PASSIT 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





View the reference list for this infographic



Contact us for more information at emhr@mcgill.ca

# **Dr. Nancy Heath**

Director of EMHR Faculty of Education









Faculty of

# **EDUCATION FOR MENTAL HEALTH RESILIENCE**





# **ENHANCING STUDENT RESILIENCE**

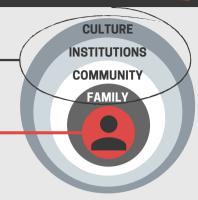


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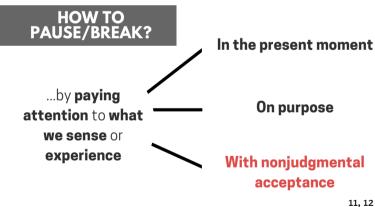
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**SLEEP WITH ME PODCAST** 

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**CLICK EACH SENSE FOR** SHORT GUIDED VIDEOS

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Try a loving-kindness practice!



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