

Recommendations for You:



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Your responses indicate that you are **well positioned** to cope with stress as a university student. Nevertheless, you may still benefit from resilience-building support and resource.

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](https://education4resilience.project.mcgill.ca)

- 2 Specifically, we encourage you to check out:

- The understanding section for some theory-driven information about stress and coping



Understanding

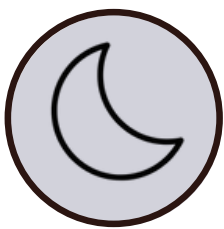
For some psychoeducation about stress and coping

[Learn more](#)

- Or try the quick practices provided for some on the go resilience building strategies to deal with everyday stressors



Self-Compassion Meditation



Sleep Relaxation Practice



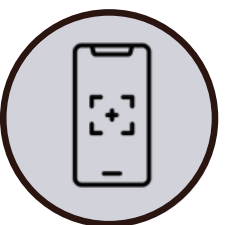
Progressive Muscle Relaxation



Calming Breath



Sitting Meditation



Body Scan



Thought Challenge



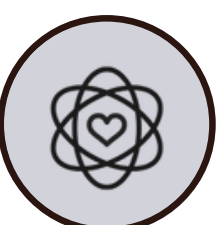
Gratitude Journal



Enhancing Positive Awareness



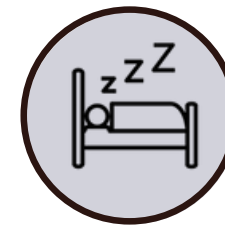
Random Acts of Kindness



Acting on Values



Three Good Things



Sleep Diary

FEEDBACK & CONTACT INFORMATION

