

# DEVELOPING RESILIENCE

If you are experiencing feelings of uncertainty and anxiety during these challenging times, you are not alone. The country is facing a pandemic which has us worried about our health and the health of our loved ones. People are speaking out against institutional racism and homophobia and challenging long-standing oppression. In addition, economic uncertainty may be causing stress in your life. UIC is here to support you in many ways. There are programs that can help you access services and support your health and wellness.

**WE WANT TO SUPPORT YOUR RESILIENCE!**

## *re·sil·ience*

- 1) A set of skills that help you develop a healthy mind and body.
- 2) Techniques that help you develop strong and healthy emotional connections and sense of purpose.
- 3) A set of practices that help you cope in healthy ways during times of stress.

**Resilience skills can help individuals and communities face short term pressures and setbacks and can also help communities survive and thrive after longer term, more serious stressors.**

**Try one resilience skill in  
each category every day**

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# Resilience Skill

1. Establish a routine.
2. Calm your mind through mindfulness, meditation, or prayer.
3. Engage in healthy stress relief, including limiting the use of alcohol and drugs.
4. Allow yourself to feel difficult emotions without getting overwhelmed.
5. Learn from past mistakes and understand what was beyond your control.
6. Treat depression & anxiety.
7. Form a strong social support system.
8. Learn to take healthy chances and plan for the future.
9. Practice optimism and cognitive flexibility.
10. Find meaning and purpose after setbacks

# Example

Try getting up and going to bed at similar times each day.

There are all kinds of free mindfulness resources online, including [listening to meditations](#) and [drawing](#). Prayer is also a really meaningful practice for many.

Make time to do what activities are fun and relaxing for you! This could be going for a walk, coloring, cooking, etc.

When you feel difficult emotions, give one of those mindfulness activities a try. Take a deep breath and do something to help you relax.

When you are feeling down about a mistake or set back, read a magazine article or autobiography about someone you admire. Let them inspire you when things get tough.

Get help if you need it. Reach out to the [UIC Counseling Center](#) to set up an appointment and talk about resources.

Connect with those you care about and who care about you. Build in regular check-ins with friends into your week.

Always wanted to learn to draw? Improve your dance moves? Try something new. Keep a planner to help track your personal and academic goals.

Keep a gratitude journal. Try writing down three things you are grateful for at the end of each day.

Take time to reflect on how far you have come. Remember: There are a lot of people at UIC who believe in you!