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
- Anxiety

Productivity
- Mood
- Attention
- Well-being

**HOW TO PAUSE/BREAK?**
- In the present moment
- On purpose
- With nonjudgmental acceptance

**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.

**STRATEGIES FOR SLEEP**
- **YOGA NIDRA**
  - CLICK HERE FOR A YOGA NIDRA SLEEP MEDITATION
- **SLEEP WITH ME PODCAST**
  - CLICK HERE FOR A PODCAST THAT TELLS BORING BEDTIME STORIES TO HELP YOU FALL ASLEEP

**PAUSE/BREAK**
- ENHANCE POSITIVE AWARENESS
- KINDNESS TO SELF
- SOCIAL CONNECTION

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**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.

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**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! 6, 24

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**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)

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**SELF-COMPASSION**

Research shows that self-compassion is associated with **better functioning under stress, increased motivation, and greater resilience.**

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**KINDNESS TO SELF**

Try a loving-kindness practice!

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**RECHARGING WITH SELF-CARE**

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

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**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!

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**PASS IT ON**

Every time someone is the recipient of an act of kindness, pass it on to keep the initiative going!

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**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.

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**FEEDBACK & CONTACT INFORMATION**

Click here for a reference list for this infographic

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