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Mental Health - Care & Research
Santé mentale - Soins et recherche

How students (or anyone!) can
CULTIVATE RESILIENCE

Resilience is the ability to get back up when we fall down. It's important to build resilience because it can shield us from stress, depression, and anxiety. It's good for our mental health to be resilient!

Here are a few ways we can cultivate resilience in ourselves:

Build a strong foundation by adopting healthy habits: a good sleep routine, balanced meals, regular exercise, and a positive support network of family and friends. If we build ourselves up, we are better equipped to handle the curveballs that life throw our way.

Pay attention to things that might lower resilience, like a poor diet, caffeine, nicotine, alcohol & drugs, excessive screen time, social isolation, and lack of sleep.

Building resilience is like building muscle, we need to work at it. It takes practice! Resilience develops when we focus on applying our coping skills during difficult situations. Remember: Not all stress is bad. Stress actually helps us adapt to change and motivates us to get things done.

Everyone handles stress differently, but if stress affects our home/school or work life, relationships with others, the ability to sleep or cope, it's time to reach out and ask for help. **Be aware of when stress begins to tip the scales.** Chronic stress upsets our body's balance and can lead to illness.

Be mindful of how you're handing things. We experience anxiety and depression in a number of different ways – in thoughts, feelings, or behaviour. Ask yourself if any of these have changed recently. If they have, it's a very good reason to ask for support.

Too many people suffer needlessly because they don't know where or how to get help. **Start by speaking with your family doctor, or a trusted friend or family member.**

Resilience is a personal journey. Practicing resilience can lead us down a path to better mental health.