

**Mindset for Resilience - A Short Guide**

Resilience is not about being super strong or superhuman - it's about being able to bounce back and recover when things go wrong. It entails having and maintaining balance and flexibility in our psychological selves so that we can tolerate difficult times and not be defeated by them.

Whether you are new to University or been here a while, it's never too late to develop more resilience. Resilience is not a trait but something that can be learned and can be a really useful skill to help overcome difficulties!

Ensure that you have a good balance of work and things that you enjoy in your life e.g. sports, hobbies, social life. When coming to University or starting a new course/phase in life, it can be really easy to forget these. Also remember sleep, nutrition and exercise!

Have an efficient stress relief strategy. E.g. sport, relaxation, friends and family to talk to, know what's worked in the past. Avoid unhealthy coping strategies such as alcohol and drugs.

It is totally normal to feel stress, low mood, frustration, anger and fear from time to time. We all experience difficulties in life and emotions are a normal reaction to these. Knowing this and accepting this can help the situation to improve by itself.

Being aware of feelings and bodily discomforts can give us important information about what we might need/what we might need to change in our life.

Overcoming difficulties can help you to be stronger and provide learning and coping strategies for future. Keeping positive can really help bring a positive cycle!

Knowing when we need some help and being able to ask for it from friends, family or from professionals is an important skill.

**Study Strategy Sessions:** Student Counselling Service, every Wednesday 12.30 - 1.20. Book your place at reception or at [www.bristol.ac.uk/student-counselling](http://www.bristol.ac.uk/student-counselling).