

# BUILDING RESILIENCE

## TIPS FOR SUCCESS

### RECOGNIZE STRESS

- Pay attention to your current state of being.
- Notice physical sensations, and pay attention to how stress feels in your body.
- Notice your thoughts and how they impact your mood and behavior.
- Notice your emotions and how they ebb and flow.

### CARE FOR YOUR BODY

- Our bodies store and manifest stress and emotions, so caring for them is essential to building resilience.
- Focusing on small changes to care for your physical health can have significant impact.
- Consider simple habits like increasing hydration, adding an extra piece of fruit to your plate, or going to bed 20 minutes earlier.

### STRENGTHEN CALMING RESPONSE

- Notice how different activities leave you feeling, and prioritize calming ones.
- Try out or revisit relaxing activities such as mindfulness, meditation, or prayer.
- Add simple deep breathing techniques throughout your day.

### ENGAGE YOUR SENSES

- Using your senses to anchor attention to the present moment can be a grounding and calming experience.
- Pause throughout the day to notice what is happening around you.
- Release any thoughts as they come and invite your attention to rest only in the present.

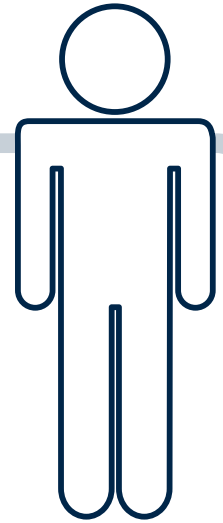


**Student  
Well-Being**

MCDONALD CENTER

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## TIPS FOR SUCCESS



### RECOGNIZE STRESS

Where in your body do you feel stress?

What does it feel like?

Are there less healthy habits that emerge when stressed?

### STRENGTHEN CALMING RESPONSE

List activities that utilize technology to help you relax:

List activities that do not utilize technology to help you relax:

### CARE FOR YOUR BODY

What are examples of tiny habits you can make to improve your physical well-being?

What is one small change you can make today?

### ENGAGE YOUR SENSES

What are pleasant ways you can engage your senses to bring your attention into the present?

