About Emotional Resilience

We all experience stress at times and life can throw difficult things at us. Stress in itself is not always a bad thing – it can be used to motivate us to achieve our goals. But when stress interferes with our everyday functioning we can feel paralysed and struggle to maintain a sense of self-worth.

Emotional resilience refers to an ability to adapt to stressful situations or crises. It’s not a quality we either do or don’t possess. With some personal effort emotional resilience can be learnt and developed.

We can learn and use specific resilience skills such as

- positive thinking
- managing intense emotions
- accepting change and learning from mistakes
- compassion for
ourselves and others
• clarifying what matters most and needs attention

And foster positive routines
• getting a good night’s sleep
• scheduling in some fun
• eating well
• doing some regular exercise

Learning some of these strategies can enable us to manage stress, to bounce back quickly after a set back and to become more effective in dealing with life’s ups and downs in our study and personal life.

Tackling Low Mood
Sadness is something that every one of us will experience at times in our lives. But sometimes sadness or low mood becomes part of a self-perpetuating cycle – we do less, we might blame ourselves for not keeping up or feel overwhelmed by what’s left undone and we feel even less motivated to even begin. In this workshop you will be asked to think about some practical ways that you can break out of this cycle, with a focus on the food you eat, on exercise and on prioritising activities that are personally meaningful for you.

Managing Anxiety
This workshop will help you develop skills to manage the physical and psychological symptoms of anxiety. We will practice relaxation skills, such as breathing techniques and body awareness. You will be given some tips about healthy behaviours to incorporate into your daily routine to reduce stress and promote a sense of well-being. We’ll look at how you can challenge negative or
unrealistic thought patterns to help improve your academic performance and general self-confidence.

Handling Social Anxiety
Social anxiety can creep up on anybody. Some bad days at uni socially can lead to avoidance of the same situation again. Sometimes social anxiety can be brought on by a period of low mood leading to a feeling of low confidence and withdrawal and isolation. This workshop will help you understand the cycles that can keep us in socially anxious states and will guide you to find ways of seeing certain ‘people situations’ as less problematic. You are invited to come and share some tea and cake with other like-minded students in an educative, supportive and informal atmosphere.

Mindfulness Stress Reduction
This session offers you some time to let go and to unwind. You will learn some simple stress reduction exercises and start to develop the practice of Mindfulness. You will be offered a range of skills that you can develop at your own pace. An important part of Mindfulness is reconnecting with our bodies and becoming aware of our thoughts and feelings as they happen moment to moment. The emphasis will be on providing a calm environment where you have the time and space to bring a focused element of compassion and commitment to your personal wellbeing.
You have been referred to the following Emotional Resilience Workshop:

**Tackling Low Mood**
UCS, 36 Wilkinson Street

**Managing Anxiety**
UCS, 36 Wilkinson Street

**Handling Social Anxiety**
UCS, 36 Wilkinson Street

**Mindfulness Stress Reduction**
301 Skills & Development Ctr

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**Session Feedback Form**
Name (optional):

Workshop:

I found this session *(please circle below)*

Unhelpful 0 1 2 3 4 5 Helpful

Comments: