

Ten Ways to Build Resilience

Make Connections

Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

Accept That Change is a Part of Living

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Avoid Seeing Crises as Insurmountable Problems

You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

Move Toward Your Goals

Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Take Decisive Actions

Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

Look for Opportunities for Self-Discovery

People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of personal strength even while feeling vulnerable, an increased sense of self-worth, a more developed spirituality and a heightened appreciation for life.

Nurture a Positive View of Yourself

Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

Keep Things in Perspective

Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

Maintain a Hopeful Outlook

An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want rather than worrying about what you fear.

Take Care of Yourself

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

With thanks to the UFV Counseling Department

The Counsellors at UFV can help you with...

Career Planning

Help! I'm undecided about my career.

Most students come to university as a step towards a satisfying career, yet many are not sure what that career might be. Counsellors offer career counselling to help you explore your skills and interests, help you research educational programs and occupational areas that suit you, and help you decide how to choose a career goal.

Success Skills

*I want to study more effectively,
not just harder!*

If you are having trouble with your courses, or if you are "doing OK" but want to do better, then effective motivation skills, personal management strategies and study skills can help. Do you want to improve your memory, your note taking, your reading or other skills? Counsellors can work with you individually and in workshops to improve your effectiveness in studying and achieving success.

Personal Counselling

*Ugh...! I do NOT need these
problems right now! How do I cope?*

Coming to university is sometimes a big change, and when you have changes in your life, personal problems may appear, too. If you are having difficulties, Counsellors are here to help at no charge. The UFV Counsellors are trained professionals who can help you explore your options without telling you what to do. All our counselling is confidential within the limits of law. Just contact Student Services - you don't need to tell the folks at the front desk any details when you book a personal counselling appointment.

Emergencies happen. If you have an emergency, the Counsellors at UFV will see you as quickly as possible.

**The UFV Counsellors are in Student Services:
On the Abbotsford Campus: Room B-214, phone 604 854 4528
On the Chilliwack Campus: Room A-1318, phone 604 795 2808**