Resiliency Study Tips

A | Understand who you are, what you can do. Make plans accordingly.

B | Practice good time management. Good time management skills are a gift to you and others.

C | It requires courage to seek help. Reach out!
## Motivational Checklist for Lectures and Readings

<table>
<thead>
<tr>
<th>Title of Lecture/Readings:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Title:</td>
<td></td>
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<tr>
<td>Identify key points to consider from this lecture/reading:</td>
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<tr>
<td>Lingering questions:</td>
<td></td>
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<tr>
<td>What am I going to do about these questions?</td>
<td></td>
</tr>
<tr>
<td>What connections am I making to other courses/life experiences?</td>
<td></td>
</tr>
<tr>
<td>What do I need to do to focus on making this more meaningful and memorable?</td>
<td></td>
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</tbody>
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### According to Reivich & Shatte, (2002), there are three strategies that can help to gain resiliency.

- **Calming** helps to reduce stress and gain control of one's emotions. (Can take 5 minutes)
  - Breathing
  - Muscle relaxation
  - Meditation

- **Focusing** addresses thoughts and helps to intrude and interrupt ineffective thoughts. (Can take 5 minutes)
  - Address intrusive thoughts with games, songs, exercise

- **Real-time Resilience** needs to be practiced after emotions and thoughts are back in control. It challenges and gives perspective. It offers alternative ways of thinking and explores the possibility of a different outcome than the initially imagined one. Practice completing the sentences below as part of real-time resilience.
  - "A more accurate way of seeing this..."
  - "That's not true because..."
  - "A more likely outcome is..."

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Resilience cycle on the back flap adapted from: Bradford, E. (2015) Health & Wellness Department, UTSC