

Resilience is...

“forgiving yourself,
learning, and moving on”
-LT '21

“getting up, showing”
up, and not giving up
-KL '22

“bouncing back”
from disaster
-JP '21

“doing what you need to”
do to get through the day
-JP '22

“strength in”
vulnerability
-KR '22

How do *you* define resilience?

**Putting your health and
well-being first helps you be your
best self.**

* Spend time with people who **lift you up** and
make you feel good

* Try to view situations with
a **positive perspective**

* Give yourself a break
by taking a mental health
day **to rest** and spend
time away from work

*These tips to build resilience can help you stand
tall through different seasons.*

**If you're feeling overwhelmed,
focus on what's within your
control!**

Manage your
workload by setting
priorities and taking it
one day at a time

* **Reevaluate** your
commitments. Think about
what is fulfilling to you and
consider this when choosing
how to spend your time

Consider resetting expectations

**Expressing your feelings can be a helpful
step in tackling challenges. You don't need
to handle everything alone!**

IfYoureReadingThis.org

Personal letters and photos from UVA students
sharing mental health journeys and encouraging peers

Madison House HELP Line

(434) 295-TALK
No issue is too big or too small.
They're here to listen

“Let's Talk” drop-in consults

Free, quick conversations with a CAPS
clinician in confidential, virtual space

**Remember to check in on your friends and help each other
prioritize health and well-being. Sharing your experiences and
being there for someone you care for is a great way to build a
strong connection.**

HOO? KNEW!

**91% of UVA undergraduates
actively contribute to the happiness
and wellbeing of others.**

* From the February 2020 NCHA with responses from 904
UVA undergraduates.

**Check your email for the
Spring Health Survey! Stall
Seat Journal stats come
from this survey!**

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