Resilience is... * getting up, showing up, and not giving up * toughening yourself, learning, and moving on

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 messages.

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

- Manage your workload by setting priorities and taking one thing 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!

HouseReadingThis.org

- Beacon/bell@house@BMC
- Madison House HELP Line (608) 262-HELP

Let’s Talk! Drop-in consults

- 10-12pm: 2918/2100
- 2-4pm: 2918/2100

Remember to check in on your friends and help each other prioritize health and well-being. Share your experiences and be there for someone you care for, it can be a great way to build a strong connection.

95% of UVA undergraduates actively contribute to the happiness and wellbeing of others.

* From the February 2023 NCHA with responses from 984 UVA undergraduates

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

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