Resiliency can be what help us overcome l ife challenges.

Self Care: Adjustment through Resilience

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**Shock:**

Shock involves emotional and physical numbness lasting from a few hours to several days.

**Denial:**

Denial may last anywhere from three weeks to two months and is a defense mechanism that allows the implications of the new situation the person has

experienced to be gradually introduced. Denial only

becomes an issue when it interferes with the person' s l i fe,

## The Adjustment Process



**Anger/ Depression:**

Anger and depression are common reactions to

changes in social treatment and status. The person

may experience several different emotions during this stage and grieve for the changes in their body image, function, loss of future expectations,

**Adjustment/ Acceptance:**

The stage of adjustment and acceptance does not

necessarily mean the person is happy about what they now experience. However, it allows for successfully

adapting new roles based on realistic potentials and l imitations.

## The Adjustment Process

https://[www.verywellmind.com/five-stages-of-grief-4175361](http://www.verywellmind.com/five-stages-of-grief-4175361)

# Adjustment for all

**LOOK WITHIN**

Many factors can leave us needing to adjust, such as loss of job, liberty, or independence, loss or separation from friends and family, loss of loved ones, loss of health, and a loss of sense of security. The health crisis made us all feel in many ways disabled, imprisoned, poor, alone, anxious, desperate, and deeply sad.



# Together as one

**STRONGER UNITED**

Today, we can all relate a bit with everyone else in the U.S. and worldwide. We can look at everyone and feel profound empathy for what they may be still going through, as are we.



How are you?

How are you handling difficult situations at the moment?



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| How | are | you adapting | to | your f irst, second, third, or |
| last | year | in college? |  |  |
| How | are | you adapting | to | online learning? |
| How | are | you adapting | to | reduced |

face- to- face interactions?

Are you truly doing your very best to get through it?

Are your expectations for yourself realistic at this time?

Have you or are you asking for help?

**Take a piece of paper, answer, and reflect on these questions.**

### LOOKING AHEAD

**NOWHERE**

Ultimately, the key to “successful” adjustment is your attitude.

### BEING AN OPTIMIST

**TO GO BUT UP**

A good attitude, although helpful, will still not prevent difficulties from shaking us and leave us unsteady yet not broken, which is an essential part.

# Life Challenges



Resilience

The American Psychological

Association states that as much as resilience involves “bouncing back” from difficult experiences, it can also involve profound personal growth.

**Resilience** facilitates **adjustment** through greater psychological flexibility



https://[www.apa.org/topics/resilience](http://www.apa.org/topics/resilience)

# Can we build resilience?

**SELF CARE**

Indeed, we are not born with high levels of resiliency; we acquire them through life and gathered experiences.

An article in Psychology Today highlights that individuals with high self-awareness and self-connection tend to be the most resilient people on the planet.



Resilience should not be confused with stamina like the one you show training at the gym or running a marathon. It is not about not stopping or not quitting; it is about knowing our limits and taking time

**USING EACH OTHER FOR SUPPORT**

to replenish

# Build it up

https://[www.psychologytoday.com/us/basics/resilience](http://www.psychologytoday.com/us/basics/resilience)

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# Building Resilience

Psychology Today: Resilience the power to overcome ,

adjust and persever

Accept that change is part

of l i fe; be f lexible

Acknowledge what you have accomplished; give yourself credit, even for the small

wins

Build a positive support network among family and

friends



Maintain presence by l iving in the now; it won' t get you stuck in the past or worry

about the future.

Feel accomplished by BReaking big projects into

small ones and complete

them

Practice communicating your feelings and emotions

# Building Resilience

Psychology Today: Resilience the power to overcome ,

adjust and persevere.

Challenge your mind and

keep on learning

Find the positives in every

situation

Use key words, phrases or a song to help you stay

focused Maintain a healthy l i festyle

Practice gratitude and be

altruistic

Rest and restore

Stay focused on the things

you can control



Time to apply what you learned

Let' s take school and work, for example:

From the 13 steps or tips to build resilience select five and match them to specific

situations that are troubling you at the moment

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Explain | how | their application | would | help | you |
| adjust f | aster | or better. |  |  |  |

**Take a piece of paper, answer, and reflect** .



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# Remember, the

most simple things can bring the most happiness.

IZABELLA SCORUPCO





They are hopeful

They are grateful

They are authentic

Being happy does not mean

being trouble- free it is a decision.

The Traits of Resilient

and Happy

People

DO RANDOM ACTS OF

KINDNESS

VOLUNTEER AND HELP OTHERS

KEEP A

GRATITUDE JOURNAL

FORGIVE

QUICKLY, BUT WITH MEANING

EXERCISE

MINDFULNESS

BE

COMPASSIONATE



Right Here, Right Now

Let' s do this!

Please select at least three traits of resilient and happy people you would like to incorporate into your daily l i fe and commit to them.

You will keep building your resilience, which will help you adjust to college l i fe.

Keep the positive changes you have noticed since practicing these in your journal and share them

with those you would l ike to do the same.



# Be Kind

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Resilience | is | based | on | compassion | for | ourselves |
| as well as | co | mpassi | on | for others. |  |  |

- Sharon Salzberg





# You Belong Here

I am glad you have stuck around and made it

through some tough times. College is not easy, but it is for you.





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Sources

https:// www. verywellmind. com/ f ive- stages- of- grief- 4175361 https:// www. apa. org/ topics/ resilience

Psychology Today: Resilience is the power to overcome, adjust, and persevere