



Resilience During COVID and Beyond

Contemplating Resilience

1. Think of a time when you or someone you know adapted to change and challenge and



Growth Mindset

- 1) Reflect on a stressful experience from your past in which you persevered or learned something important. Consider what that experience taught you about your strengths and how you cope with stress. Write about the experience, considering the following questions:
 - a. What did you do that helped you get through it? What personal resources did you draw on, or what strengths did you use? Did you seek out information, advice, or any other kind of support?
 - b. What did this experience teach you about how to deal with adversity?
 - c. How did this experience help you to grow as a person?

- 2) Now, consider a current situation with which you are struggling
 - a. Which of these strengths and resources can you draw on in this situation?
 - b. What coping skills or strengths should you like to develop? How could you begin to do so using the current situation as an opportunity to grow?



TI Summer Wellness Series
Dr. Jennifer Thannhauser, R.Psych.
Student Wellness Services

Investing in Connections Bigger than Self Goals

What kind of positive impact do you want to have on the people around you?

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