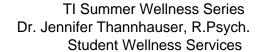


Resilience During COVID9 and Beyond

Contemplating Resilience

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





Growth Mindset

- 1) Reflecton a stressful experience from your pastwinich you persevered or learned something importantConsiderwhat 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 \(\frac{\psi_0}{2} \) hat personal resources did you draw on what strengths did you use? Did you seek out information, advice, or any other kind of support?
 - other kind of support?

 b. What did this experience teach you about how to deal with adversity?

c. How did this experience you to grow as a person

2) Now, consider a current situationwith which you are struggling
a. Which of these strengths and resources can you drawwown in this situation?
b. What coping skills or strength sould you like to develop? How could you begin to
do so usingthe currentsituation as an opporunity to grow?



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Investing in ConnectionsBiggerthan-Self Goals

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

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