

## Healthy Strategies for Self-care and Resilience

Resilience has been defined by the American Psychological Association as “the human ability to adapt in the face of tragedy, trauma, adversity, hardship, and ongoing significant life stressors.” Although resilience involves “bouncing back” from difficult experiences, it can also involve profound personal growth and the key to academic success and overall health.



**How can I become more resilient?** The following table provides some useful tips for taking care of yourself that will foster resilience.

<b>PHYSICAL SELF-CARE</b>	<b>EMOTIONAL / SOCIAL/ SPIRITUAL SELF-CARE</b>
<u>Sleep</u> : Keep a consistent sleep schedule of at least 7-8 hours of sleep daily. Turn off electronic devices at least 30 minutes before bedtime.	Manage your stress: <ul style="list-style-type: none"> <li>• Relaxation exercises, breathing exercises</li> <li>• Mindfulness meditation</li> </ul>
<u>Diet &amp; Nutrition</u> : Eat well-balanced meals with appropriate number of nutrient servings and calories	Balance work – play – rest Spend time with family and friends.
Get regular <u>exercise</u> : Physical activity helps you feel better, function better, sleep better and cope with life’s stressors better.	Make time for self-discovery and creative ways to express yourself (art, writing, music, etc.).
Prevent excessive <u>alcohol</u> use.	Connect with nature.
Improve your <u>health literacy</u> – a basic understanding of health information and the health care system	Take time to care for yourself: self-reflection, yoga, massage therapy, aromatherapy, etc.
Stay up to date on your vaccinations – <u>CDC vaccination schedule</u>	Keep expectations realistic; accept your limitations; don’t compare yourself to others
See your healthcare provider for regular health screenings: <u>STI</u> , <u>mental health</u> , cancer screenings ( <u>breast self-examination</u> ), blood tests, and more.	Embrace healthy thoughts: optimism, gratitude, positive affirmations, learn from the past, etc.

***SEEKING HELP WHEN NEEDED IS CRUCIAL IN BUILDING YOUR RESILIENCE!***

**Your Augusta University resources can help:**

- [STUDENT HEALTH SERVICES – CLINIC](#)
- [STUDENT COUNSELING AND PSYCHOLOGICAL SERVICES](#)
- [STUDENT WELLNESS PROGRAM – JAGS LIVE WELL](#)