

Building Resilience in your Graduate Study Journey



Stressful Graduate Student



Graduate students are more than six times as likely to experience depression and anxiety as compared to the general population, according to a comprehensive survey of 2,279 individuals conducted via social media and direct email.

(University of Texas Health Science Center at San Antonio, 2018)

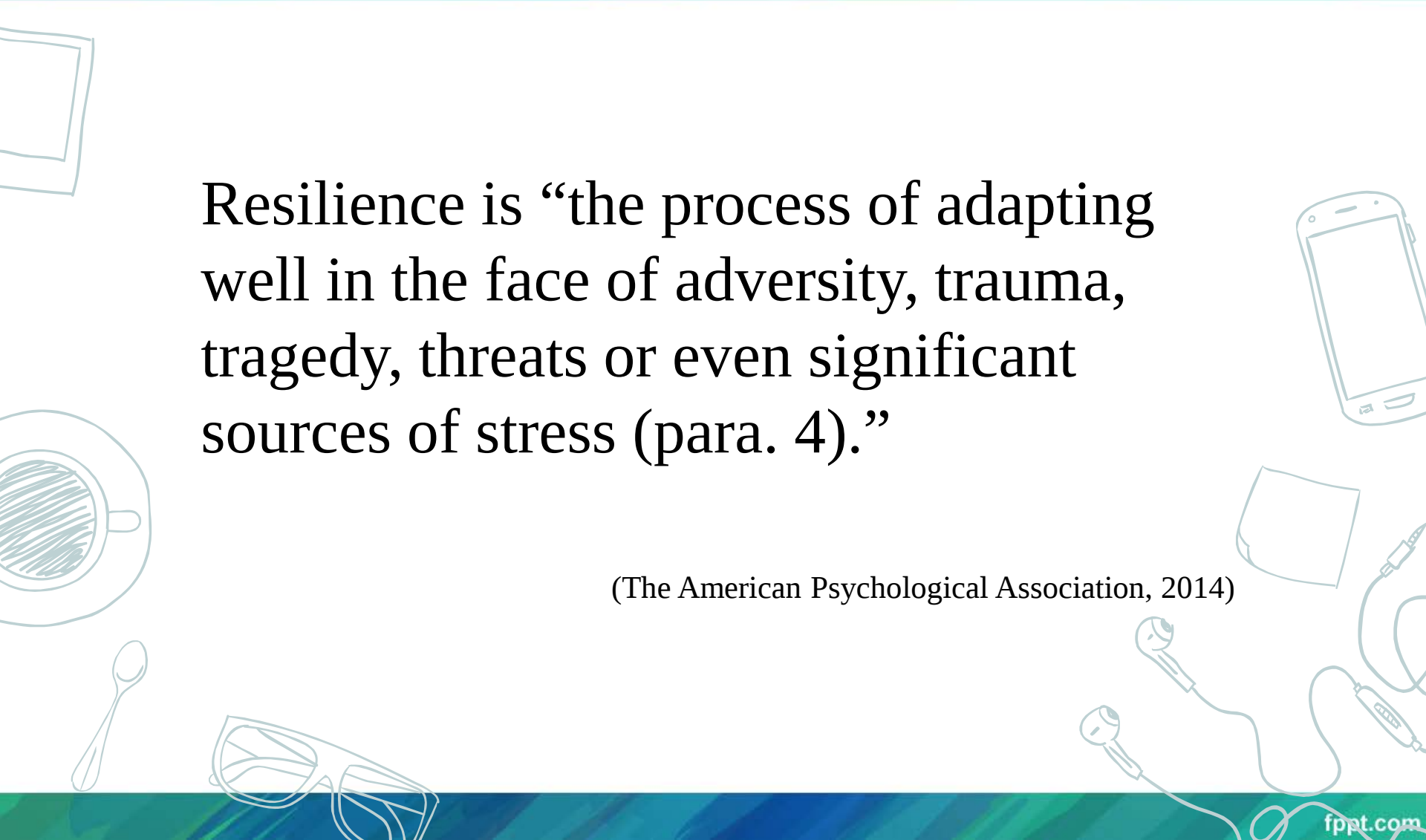
About Resilience

- Being resilient is not about holding things inside, but expressing how you feel and moving forward.
- The resilient person knows how to manage their emotions so that they act rationally.





What is Resilience

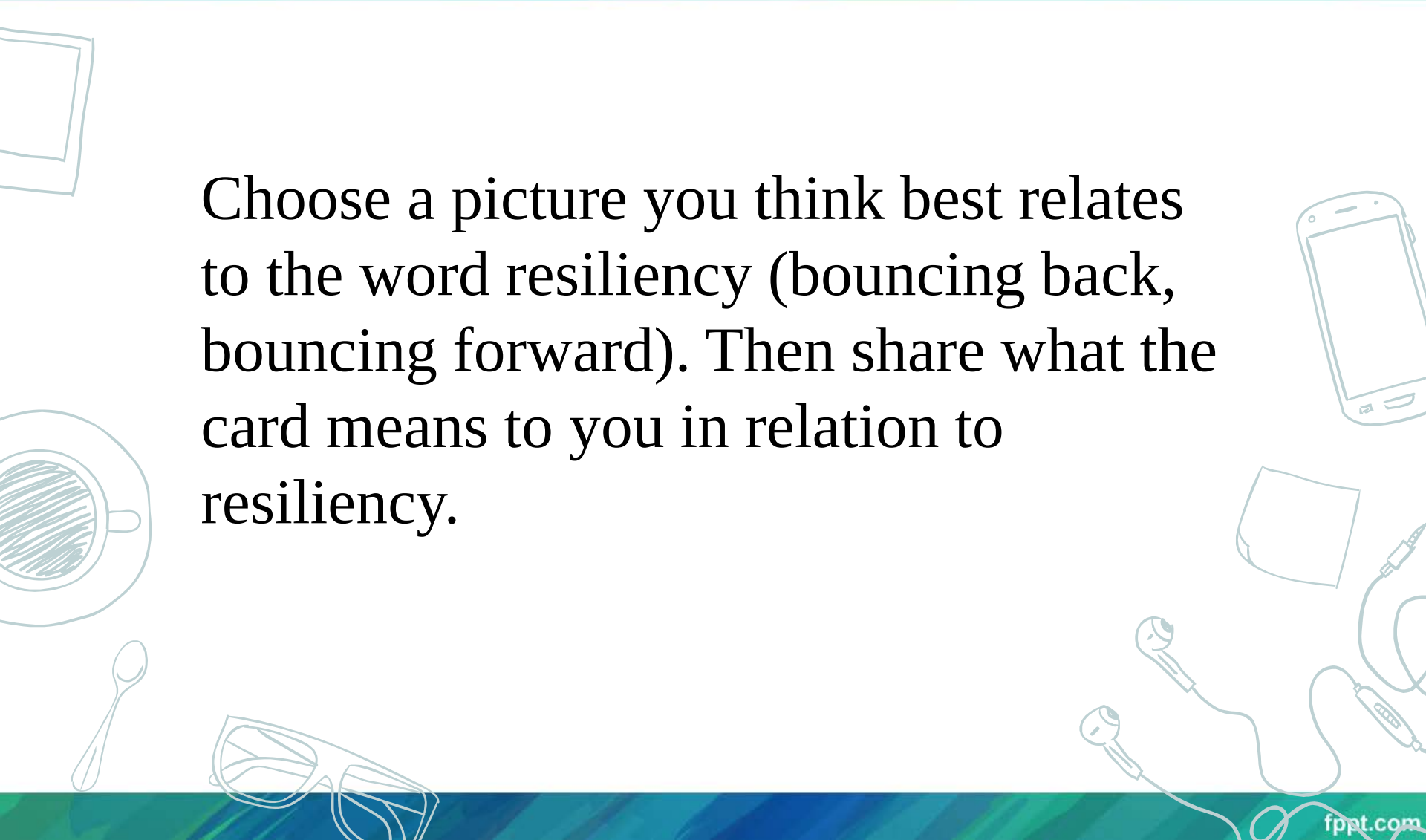


Resilience is “the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress (para. 4).”

(The American Psychological Association, 2014)



Activity

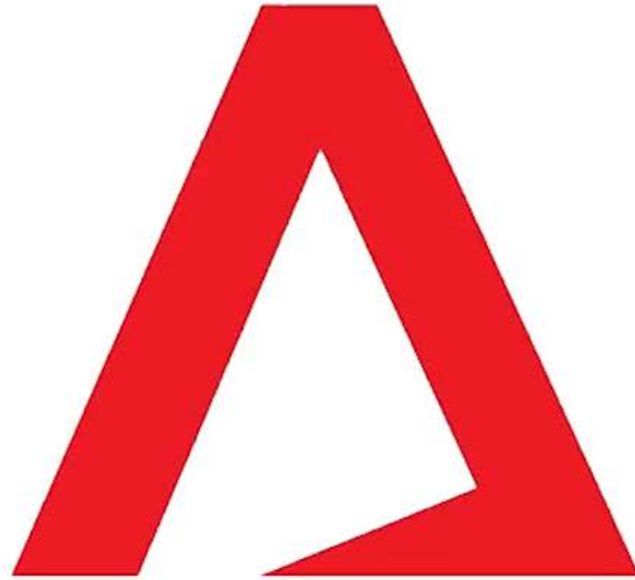


Choose a picture you think best relates to the word resiliency (bouncing back, bouncing forward). Then share what the card means to you in relation to resiliency.

What does Resilience mean to you



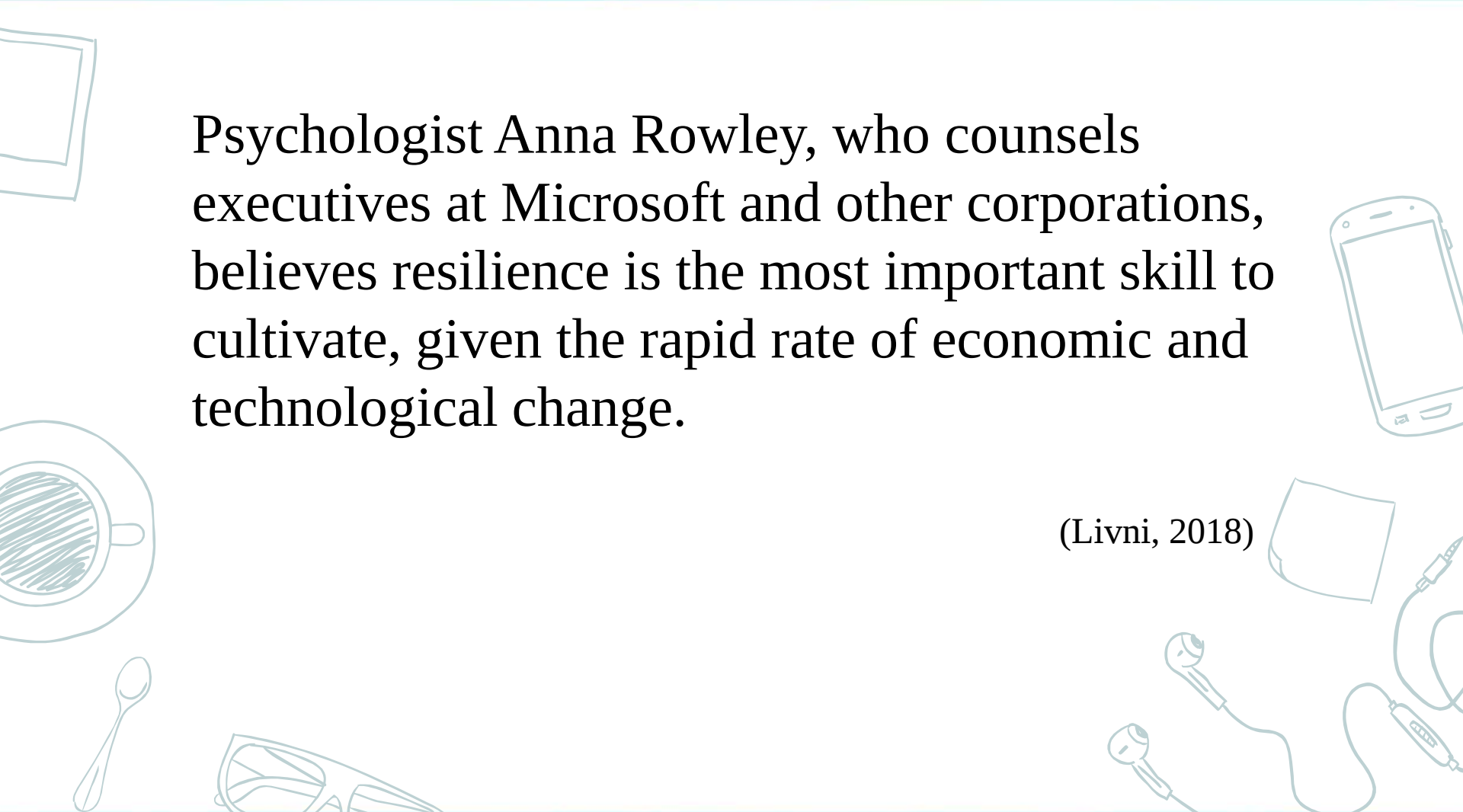
Video Clip: Resilience



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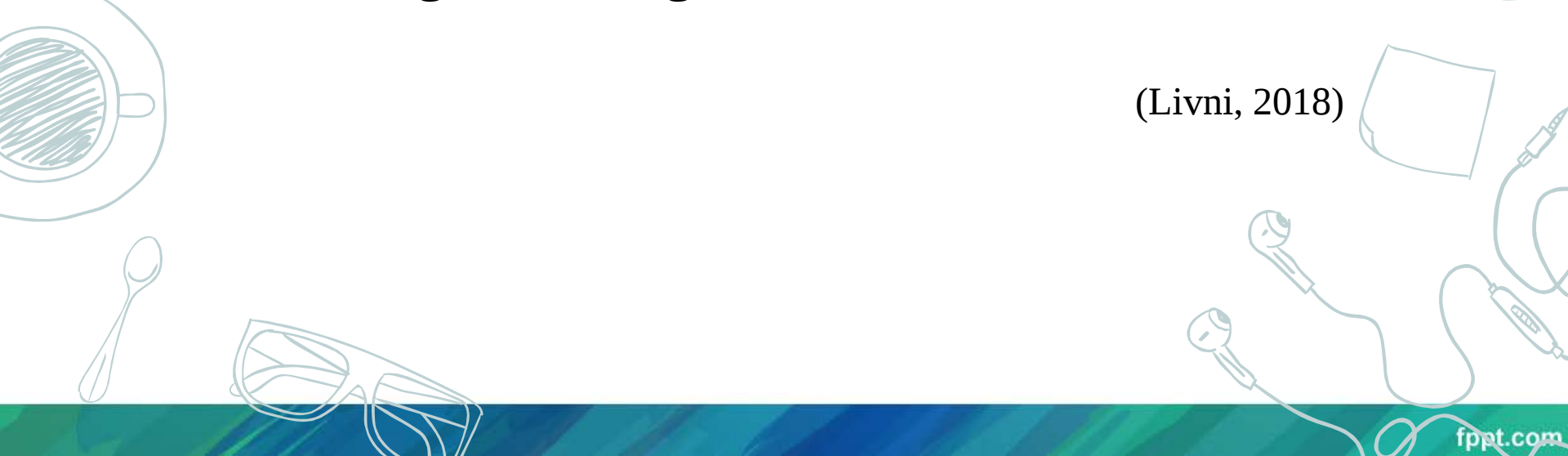


Resilience



Psychologist Anna Rowley, who counsels executives at Microsoft and other corporations, believes resilience is the most important skill to cultivate, given the rapid rate of economic and technological change.

(Livni, 2018)



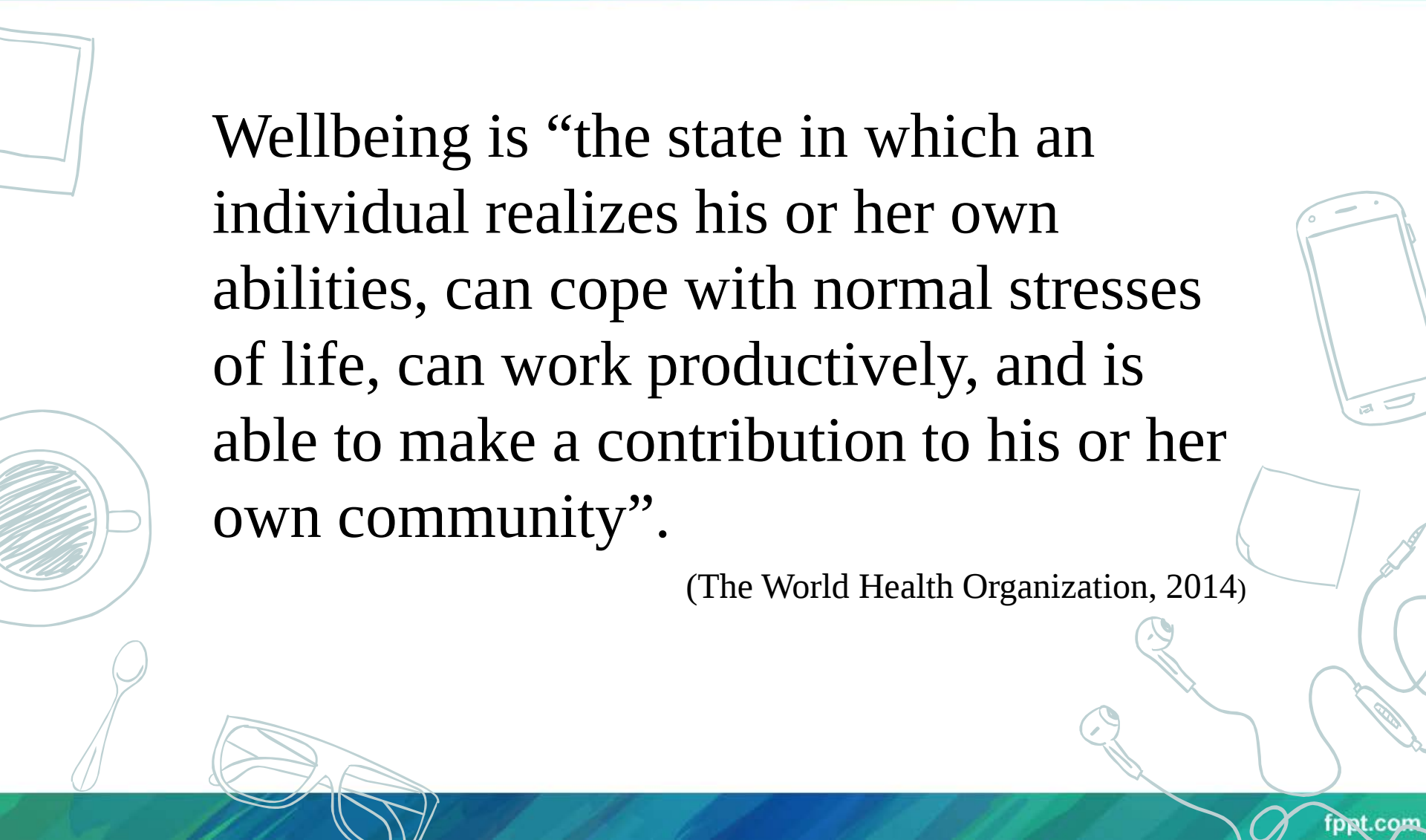
Graduate Students Depression

- Of 790 graduate students at 47% of doctoral and 37% of masters students reported clinical levels of depression.
- Among doctoral students, highest rates in arts and humanities – 64% (lowest in business, 28%)

(Graduate Assembly, 2014)



Resilience and Wellbeing



Wellbeing is “the state in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively, and is able to make a contribution to his or her own community”.

(The World Health Organization, 2014)



Resilience and Wellbeing

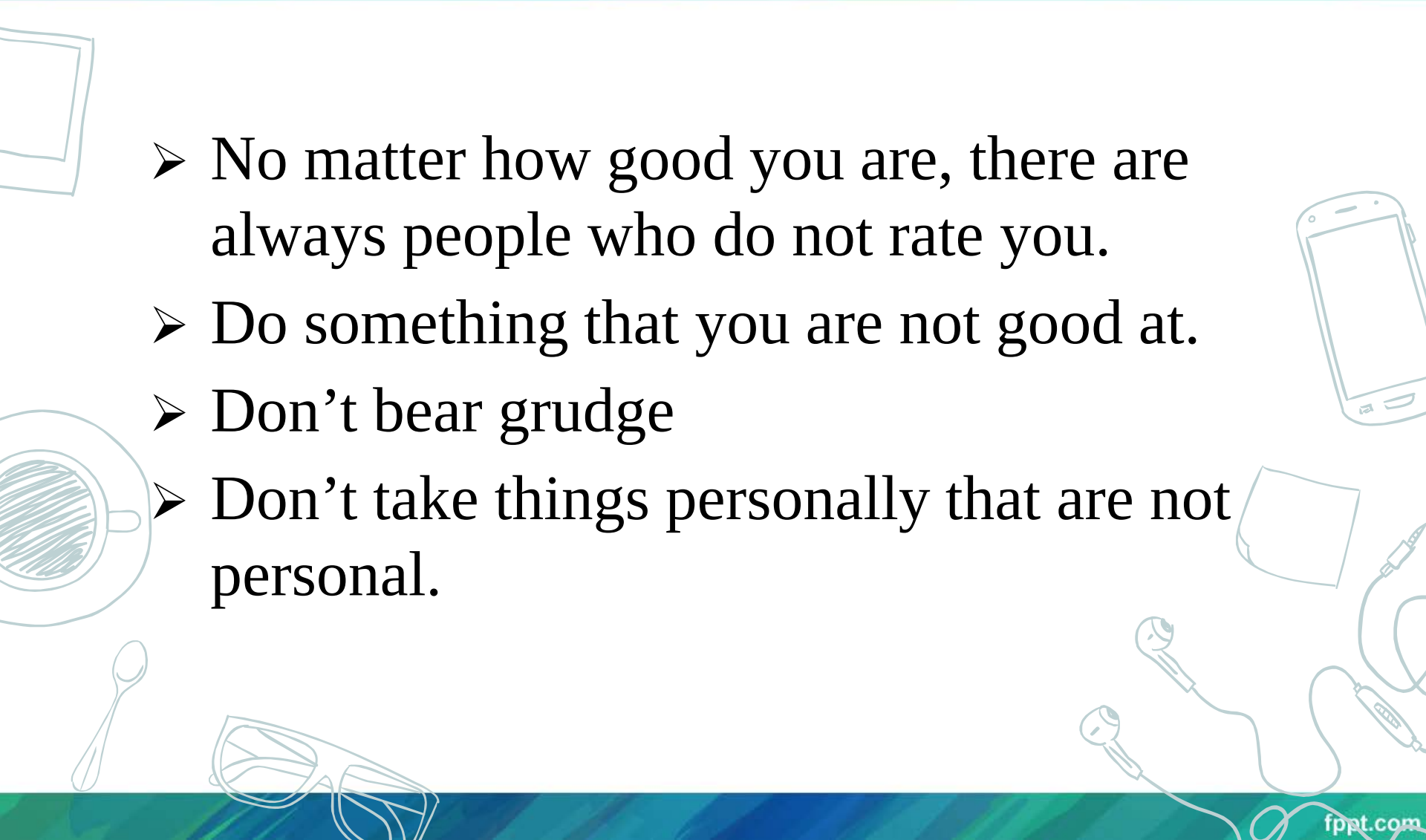


Signs of resilience and wellbeing:

- Confidence to approach new situations and approach new people
 - Realistic optimism
 - Avoiding constant self-blame
 - Ability to set goals
 - Positive self image and self esteem
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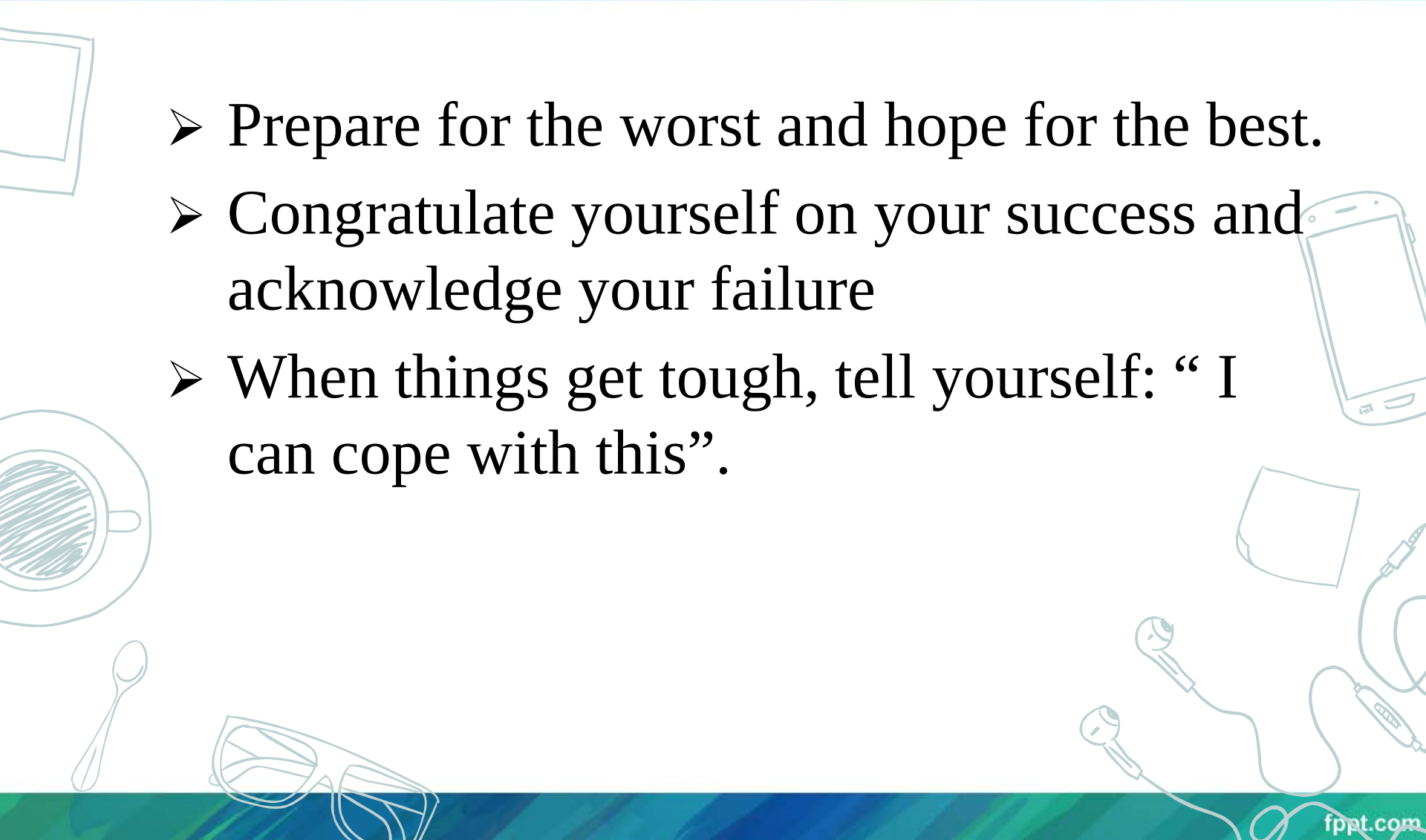


Ways to boost mental resilience

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- No matter how good you are, there are always people who do not rate you.
 - Do something that you are not good at.
 - Don't bear grudge
 - Don't take things personally that are not personal.



Ways to boost mental resilience

- 
- Prepare for the worst and hope for the best.
 - Congratulate yourself on your success and acknowledge your failure
 - When things get tough, tell yourself: “ I can cope with this”.



Activity



Loving Kindness Meditation

Loving-Kindness meditation focuses on developing feelings of goodwill, kindness and warmth towards others.
(Salzberg, 1997)

Researches show that Loving Kindness Meditation has a tremendous amount of benefits ranging from benefitting well-being, to giving relief from illness and improving emotional intelligence and building resilience.

A small, vibrant green plant with four leaves is growing out of a circular, cracked, and textured surface, possibly a piece of old wood or stone. The cracks radiate from the center where the plant is growing, creating a star-like pattern. The background of the entire slide is a blue and green abstract pattern with diagonal streaks.

“The secret of
life, though, is
to fall seven
times and to get
up eight times.”

~ Paulo Coelho

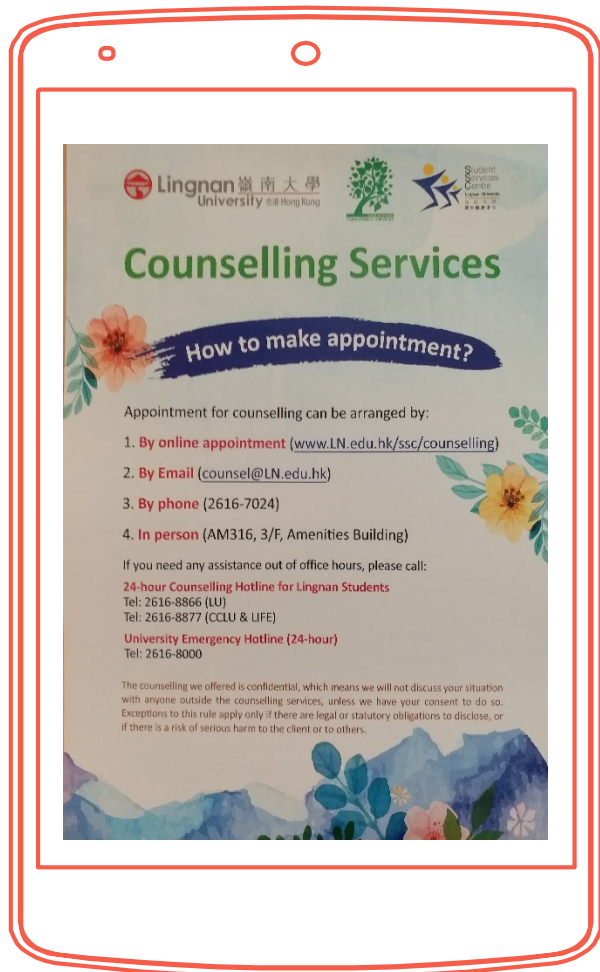
Resilience

Video Clip: Resilience



Support Resources

Counselling Team, SSC



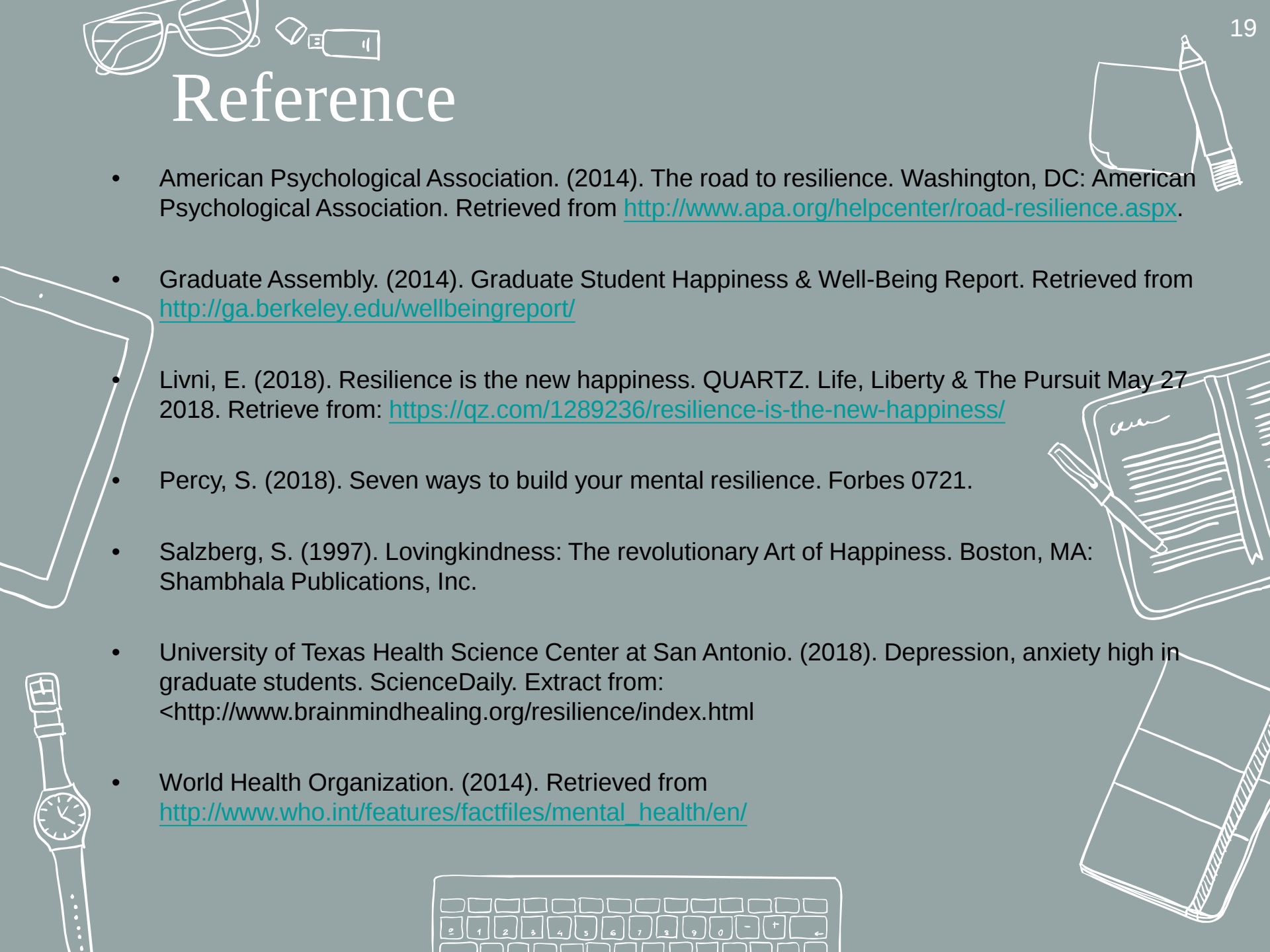
Appointment for counselling can be arranged by:

1. Contacting the Unit in person (AM 316)
2. Call us at **2616-7024** during office hours
3. Email at counsel@LN.edu.hk.
4. By Online Appointment
(www.LN.edu.hk/ssc/counselling)

Your feedback is important to us



<https://goo.gl/AFfWnu>



Reference

- American Psychological Association. (2014). The road to resilience. Washington, DC: American Psychological Association. Retrieved from <http://www.apa.org/helpcenter/road-resilience.aspx>.
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Workshop description

Building Resilience in the Graduate Study Journey

Researches and surveys indicated that graduate students experience more stress than they could handle. In this workshop, student gains insight and skills to bounce back from life challenges. Through engaging in the mix of psychoeducation, experiential exercises and peer interaction activities, students acquire knowledge and experience from cognitive, emotional and social perspectives to increase their capacity to meet life setback and to strive for their dreams.