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Steps to Student Wellbeing

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Building Resilience: Helping You To Help Yourself Week 2

Change is a part of life, even though we may sometimes find it difficult



Thinking about what helped you through a difficult change before can be helpful

How did you cope

Who helped you?

Think of a time you overcame a difficult period of change

What skills did you use?

What did you learn about yourself?

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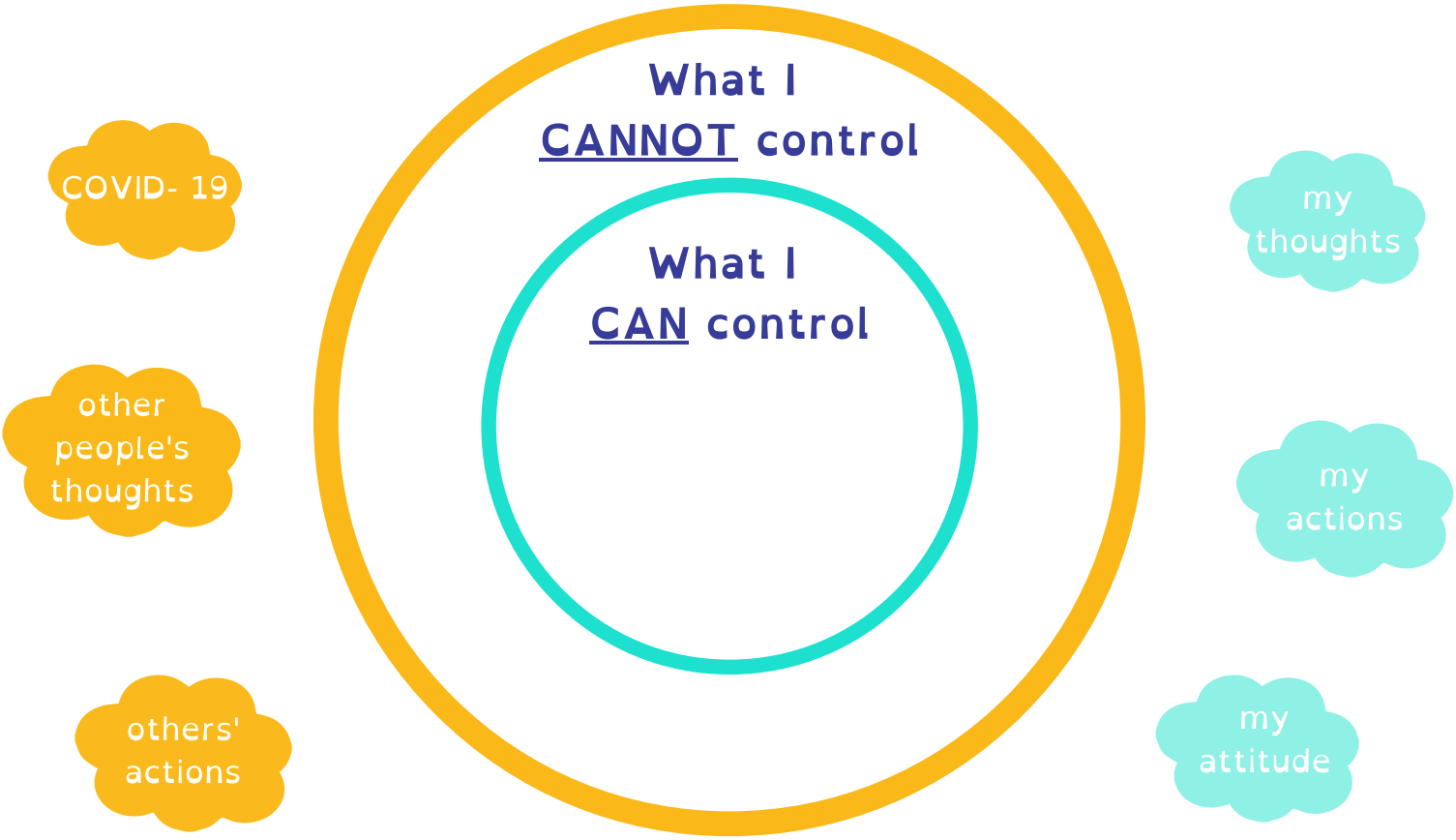
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Focusing on what we can control can also help us through a difficult change

Use the circles of control to write down what is and is not in your control



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Thinking flexibly lets us switch between seeing the glass as half full and half empty



Half full

-

Improved mood

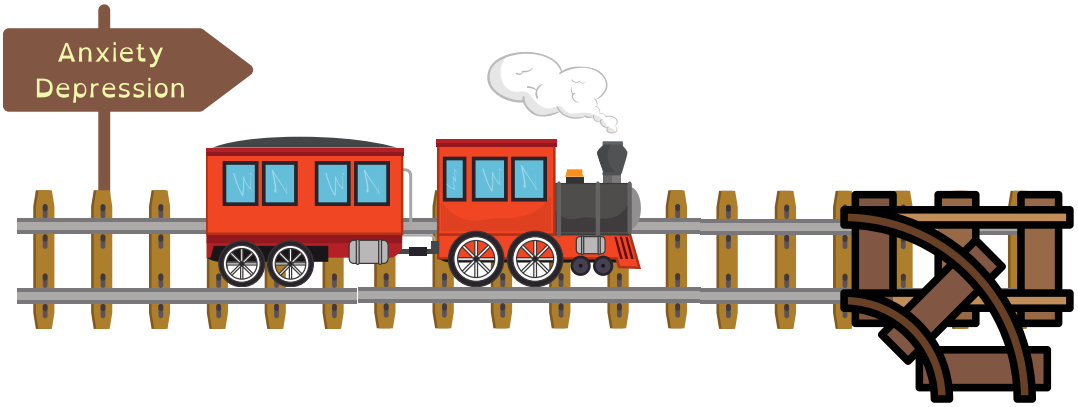


Half empty

-

Identify how to improve things

We can reframe failure to see it as part of the road to success and change our thinking track so we don't get stuck on an unhelpful track



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Week 2

How?

ABC Thinking Check



Adversity
What is the situation I am facing?

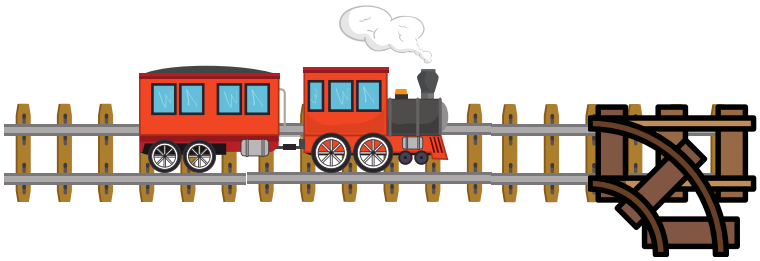


Belief
What is my belief about the situation?



Consequence
Where will this belief take me?

Can I think about it differently?



Use the ABC thinking template on the next page to write down different thoughts about a difficult situation and where these thoughts will take you

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The adversity I face is...

e.g. I have an assignment due in a week and I haven't started it yet

Belief 1 is....

Consequence of belief 1 is....

Belief 2 is....

Consequence of belief 2 is....

Belief 3 is....

Consequence of belief 3 is....

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Challenge unhelpful thoughts by keeping a thought diary.

Record unhelpful thoughts and think of new more helpful ones

Unhelpful thought	More helpful thought

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Week 2

Weekly Action Plan

What am I going to do?

When am I going to do it?

How much / how long?

How often / how many times?

Stuck for ideas?



Use the circles of control



Try the techniques to deal with unhelpful thoughts

Practise one of the activities we covered today!

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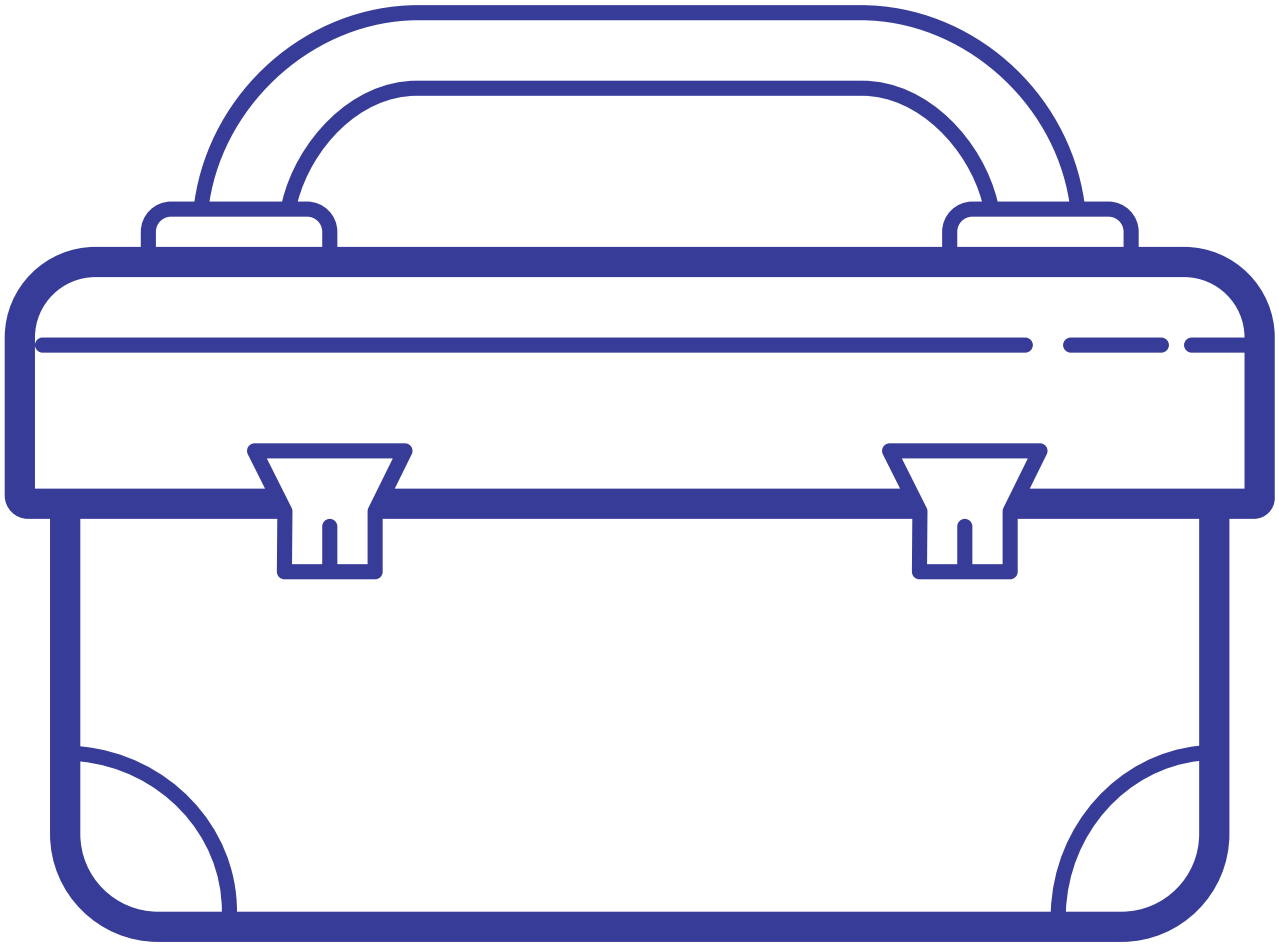
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My Toolbox



What's in your Toolbox already?
What can you put in from this week?

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