



# EMOTIONAL RESILIENCE

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# Acknowledging your Emotions

- Ignoring or suppressing negative feelings doesn't stop them.
- Their impact can build up, making things worse. Acknowledge how you're feeling.
- If you can – give yourself a break, avoid any big decisions and indulge in safe actions that you know will reignite your spark.
- If too overwhelming or happening regularly, seek professional help.
- It doesn't hurt to talk ...

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# Emotional Resilience

- Emotional resilience is the ability to adapt to stressful situations and cope with life's ups and downs.
- A resilient person is like bamboo in a hurricane – bending rather than breaking, being flexible and adaptable, rather than rigidly resistant.
- Resilience is not a quality that you either do or don't possess.
- An individual's ability to show resilience can fluctuate dependent on their circumstances.
- However, often resilient individuals share similar characteristics.

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# QA Characteristics of Resilient People

- **Self awareness** - an understanding of what we need, don't need, or when to reach out for help.
- **Boundaries** – an understanding that who they are at their core isn't defined by their current circumstances.
- **Perseverance** – they trust in the process and never give up, despite facing setbacks.
- **Optimism** – they try to see the best in most situations.
- **Locus of control** – they believe that they have autonomy and control over their own lives.
- **Sense of humour** – they attempt to continue to laugh through difficult times, this helps to process and manage stress.
- **Support** – they remain open and honest and reach out for support when required.

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# Self-Care Strategies

- **Relaxation Techniques** - find what works for you, have a bath, listen to music, go for a walk. Once you find something that works for you, build this into your schedule.
- **Mindfulness** – make a special effort to take in what is happening in the present moment, both inside your mind/body and outside.
- **Make time for friends/family** – social connections can help you feel less isolated and feel more positive. Laughing and smiling can produce hormones and release endorphins
- **Take care of your physical health** – physical and mental health are very closely linked and can reduce feelings of stress.
- **Sleep** – get into a healthy routine and avoid using screens at around bed time
- **Practice being open and assertive** – if people are making unrealistic demands, practice saying no and be prepared to tell them how you feel

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# Self-Care Strategies

- **Eat Healthily** – Try to maintain a healthy, balanced diet. Nutrition can have a large and lasting impact on our mood and wellbeing.
- **Acknowledge your Achievements** – Take the time to notice the things that you have achieved. These can be big things or small things. It can help to set some time aside to think about this.
- **Change of Scenery** – Going somewhere new can really help to see things from a different perspective, it can also be an opportunity to get some fresh air, or meet new people.
- **Keep things in Perspective** – Try to centre yourself and keep in mind that obstacles and challenges may not be as big as they appear. Some things may just take a bit of time, but they can still be overcome. Often, adversity makes us stronger.
- **Notice your Warning Signs** – The more we experience hardship and difficult times, the more we can learn about what we find difficult and overwhelming. By gaining awareness of our own warning signs, we can start to better prepare to face these difficult times.

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# ACCESSING STUDENT WELFARE SUPPORT

## **OPEN DOOR POLICY**

You can pop into see us whenever you like.

## **ASK FOR A REFERRAL**

You can ask for any member of staff to refer you.

## **CONTACTABLE BY EMAIL / TELEPHONE**

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