

# Slide Transcription for Coping Skills Seminar: Cultivating Resiliency

## Coping Skills Seminar

Challenging Thinking

Counselling & Psychological Services

University of Waterloo

## Disclaimer

The information on the University of Waterloo Counselling Services site is not intended as a substitute for medical professional help or advice but is to be used only as an aid. A physician should always be consulted for any health problem or medical condition.

The University of Waterloo expressly disclaims all warranties and responsibilities of any kind, whether expressed or implied, for the accuracy or reliability of the content of any information contained in this seminar, and for the suitability, results, effectiveness or fitness for any particular purpose of the content. You are solely responsible for your use or reliance on such information and any foreseeable or unforeseeable consequences arising out of such use or reliance. In no event will the University of Waterloo be liable for any damages resulting from the use of or inability to use the content, whether based on warranty, contract, tort or other legal theory, and whether or not the University of Waterloo is advised of the possibility of such damages.

## In This Seminar...

You will learn to

- develop healthier self-care habits;
- motivate yourself after failure; and
- shift unhelpful mindsets.

You will learn a relaxation exercise.

- Five Minute Mindful Breathing

## Self Care: Physical Needs

Nutrition

Eat small, frequent meals at regular intervals and think ahead (e.g., pack healthy snacks)

## Exercise

Be active on a regular basis

## Sleep

One of the most important and often neglected factors for success. It impacts our mood, energy level, and concentration.

## Sleep Hygiene

Do not

- Nap during the day
- Consume alcohol, caffeine, and/or heavy, spicy, or sugary foods (within 4 to 6 hours of bedtime)

Do

- Have a consistent bed/awakening time
- Exercise regularly (but not right before bed)
- Stop using technology 30 minute before bed
- Reserve the bed for sleep and sex
- Create a comfortable sleep environment

## Self-Care: Psychological Needs

Balance between the mind, body, and spirit is fundamental to health and well-being. Problems are maintained when a system is out of balance.

## Self-Care: Psychological Needs

School is important. It is not healthy to spend all of your time studying.

Pleasurable activities are important too (e.g., socializing, reading, movies, exercise).

The Student Success Office can help if you're having difficulty balancing work and play.

## Cultivating Resilience

Learning how to “fail well” teaches us how to get back up and try again and how to be resilient.

In learning how to be resilient, we learn how to be successful.

## What is Resilience?

The ability to withstand or recover quickly from difficult situations

- Able to recover quickly because they utilize their skills and strengths

Those who do not have resiliency skills yet, may instead become overwhelmed by such experiences.

- May dwell on problems using unhealthy coping mechanisms

Resilience does not eliminate stress or erase life's difficulties.

## Failure

- Most people fear failure
- Most people do everything in their power to avoid failure
- We do not like to talk about failure

## Steve Jobs

- Early 1980s: Co-founder of Apple
- 1984: He was phased out of Apple and he resigned
- 1990s: Back at Apple
  - Key part in the development of the iMac and iPhone

## Oprah Winfrey

- Fired from first TV reporting job
- OWN was not immediately successful
- Suffered symptoms of a major breakdown due to pressure
- Approximately three years to see ratings and revenue grow

## Jay Z

- Turned down by several major recording labels
- Started his own label
- Estimated net worth of \$500 million

## Acknowledging Failure

- Recognize but don't get caught up in past mistakes
- Ask what you could have done differently to continue toward a path of success
- Don't let constructive process be interrupted by self-judgment

## Practice Exercise

Think about a failure you recently experienced.

- Imagine a friend told you about this happening to him/her. What would you say?
- Imagine it's a year from now, if you looked back on this failure how might you react differently? What is my failure?

- Why should you keep going? How does continuing relate to your bigger picture? Is this something you really want?

## Motivation to Continue

Be “OK” with not having the answer yet.

“If I find 10,000 ways something won’t work, I haven’t failed. I am not discouraged, because every wrong attempt discard is another step forward.” – Thomas Edison

It’s okay to question your ability right now; however, intelligence isn’t static.

## Fixed vs. Growth Mindsets

Fixed Mindset	Growth Mindset
<b>General Beliefs</b>	
<ul style="list-style-type: none"> <li>• Qualities are innate</li> <li>• Intelligence is static</li> <li>• Leads to a desire to look smart and having to prove yourself over and over</li> </ul>	<ul style="list-style-type: none"> <li>• Qualities can be cultivated with effort</li> <li>• Intelligence can be developed</li> <li>• Leads to a desire to learn and a passion for stretching yourself and persevering when things are not going well</li> </ul>
<b>Handling Challenges</b>	
<ul style="list-style-type: none"> <li>• Avoid challenges and lose interest if things are not going well because you don’t want to fail</li> </ul>	<ul style="list-style-type: none"> <li>• Embrace challenges and maintain a high level of interest</li> <li>• View failure as a problem to be solved and learned from</li> </ul>

## Fixed vs. Growth Mindsets

Fixed Mindset	Growth Mindset
<b>Facing Obstacles</b>	
<ul style="list-style-type: none"> <li>• Get defensive or give up easily</li> <li>• Confidence erodes with each obstacle and become overwhelmed</li> </ul>	<ul style="list-style-type: none"> <li>• Persist in the face of setbacks</li> <li>• Confidence increases with mastery of each obstacle</li> </ul>
<b>Views on Effort</b>	
<ul style="list-style-type: none"> <li>• Is for those who don’t have ability</li> <li>• Is a fruitless pursuit</li> </ul>	<ul style="list-style-type: none"> <li>• Is the path to mastery</li> <li>• Ignites ability and turns it into achievement</li> </ul>
<b>Acceptance of Criticism</b>	
Ignores useful negative feedback	Learns from negative feedback

May plateau early and achieve less than full potential	Reaches ever higher levels of achievement
--	---

## Perfectionism vs. Excellence

### Perfectionism

- Set of self-defeating thoughts and behavior patterns focused on unrealistic, unattainable goals

## Perfectionism vs Excellence

<b>Perfectionism (Fixed Mindset)</b>	<b>Excellence (Growth Mindset)</b>
Value based on accomplishment	Value based on personal character
Defeated by failures	Uses mistakes to learn and grow
Remembers and dwells on past mistakes	Corrects mistakes and focused on present
Only happy with being on the top	Happy with giving best effort to a task
Hates criticism	Welcome criticism and benefit from it
Has to be excelling to have high esteem	Have realistic goals
Has high expectations	Can finish last and maintain self-esteem
Focused mainly on results	Focused on the journey
Low motivation because of high expectation	Motivated to accomplish tasks

## Shifting to Growth Mindset

- Learn to hear your fixed mindset ‘voice’
- Recognize that you have a choice
- Talk back to it with a growth mindset ‘voice’
- Take the growth mindset action

## In Conclusion

“...some failure in life is inevitable. It is impossible to live without failing at something unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default.” – J.K. Rowling

## Relaxation Exercise: Five Minute Mindful Breathing

- Good breathing habits will enhance your psychological and physical well-being

- Quick and easy to learn good habits
  - Some benefits immediately
  - Full effects over time
- Practise breathing exercises twice per day over the next few weeks

**\*\*Participation is voluntary. If you're not comfortable doing the exercise here, don't do it.\*\***

## **Relaxation Exercise**

See handout: Five Minute Mindful Breathing.

It can be helpful to listen to someone guide you through these steps.

- Online or smartphone apps are available to use
- Record your own
- Practise daily for best results

## **Wrapping Up**

Questions?

We would appreciate your input and encourage you to take a few moments to help us improve our seminars by completing the online evaluation form.

## **What's Next?**

1. Complete the feedback form
2. Call or visit Counselling Services for more resource information or for an appointment
3. Speak to your Health Care Provider – Campus Health Services, family physician, nutritionist, etc.
4. Develop your own Wellness Plan