

Cultivating Resilience in the Midst of Uncertainty

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Agenda for Today

Strategies for Facing Uncertainty

Building Resiliency

Prioritizing Self-Care and Wellness

CAPS Services

Q&A

What happens when we are faced with uncertainty



- Uncertainty can trigger a wide range of emotions, depending on the situation and the individual. Common feelings may include fear, anxiety, doubt, and frustration
- Uncertainty can significantly contribute to stress and anxiety because it disrupts our ability to predict, prepare for, and control future events. This can lead to feelings of being overwhelmed, powerless, and emotionally drained

Signs of Emotional Dysregulation



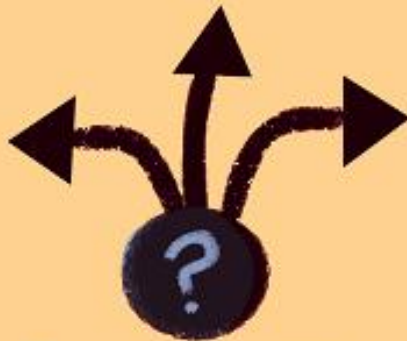
Overly intense emotions



Impulsive behavior



Lack of emotional awareness



Trouble making decisions



Inability to manage behavior



Avoids difficult emotions

Warning Signs of Stress

It is helpful to know warning signs that we're too stressed. The sooner we recognize it, the sooner we can work on managing it to the best of our ability.



Physical Signs: stomachaches, headaches, muscle tension, changes in eating habits, changes in sleeping habits



Emotional Signs: anxiety, feeling overwhelmed, crying spells, irritable



Behavioral Signs: withdrawing from friends, fighting/arguing, working harder but producing less



Cognitive Signs: worry thoughts, overly critical thoughts, difficulty concentrating

EMOTION REGULATION STRATEGIES



Name the emotion



Validate the emotion



Identify triggers



Meditation or mindfulness



Talking through emotions



Journaling



Notice when you need a break



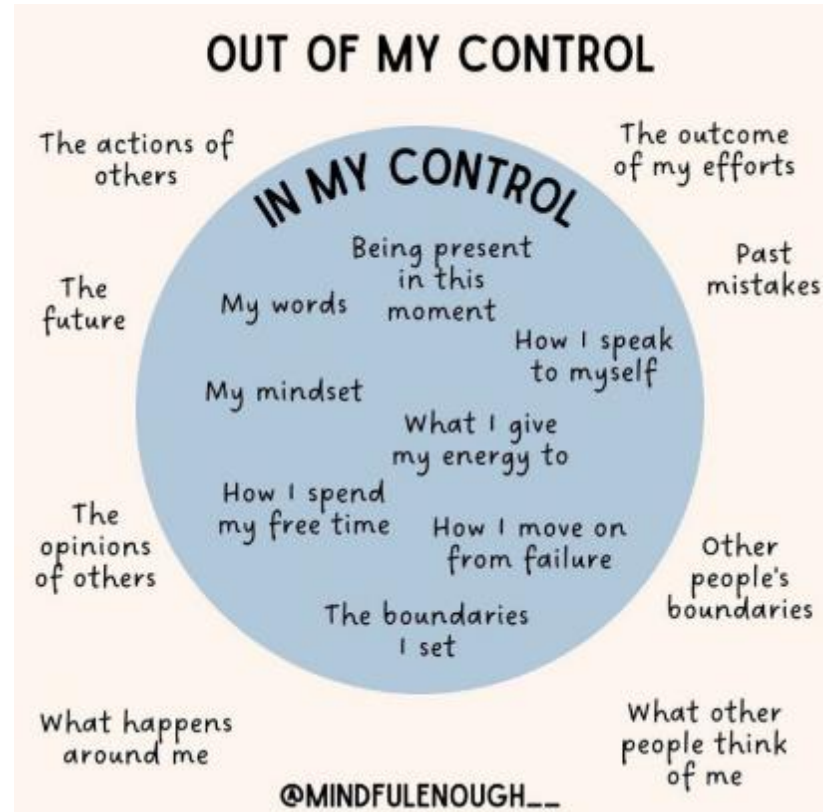
Good sleep hygiene



Consider therapy

Focusing on what is in our control

- Limiting news
- Validating feelings
- Coping skills
- What is achievable
- Doing for others-
volunteering, helping
out a friend or loved
one



Maintain a Strong Support System

Share your feelings with a supportive person, and utilize campus resources: getinvolved.Rutgers.edu, cultural centers, clubs and organizations, Rec center classes and activities



Take a Moment to



Structuring Time

It is important to try to find balance:

- Taking Care of Health
- Productive Activities
- Enjoyable/Relaxing Activities
- Practice breathing exercises, meditation, mindfulness practices, yoga, etc.
- Creating smaller objectives to reach goals



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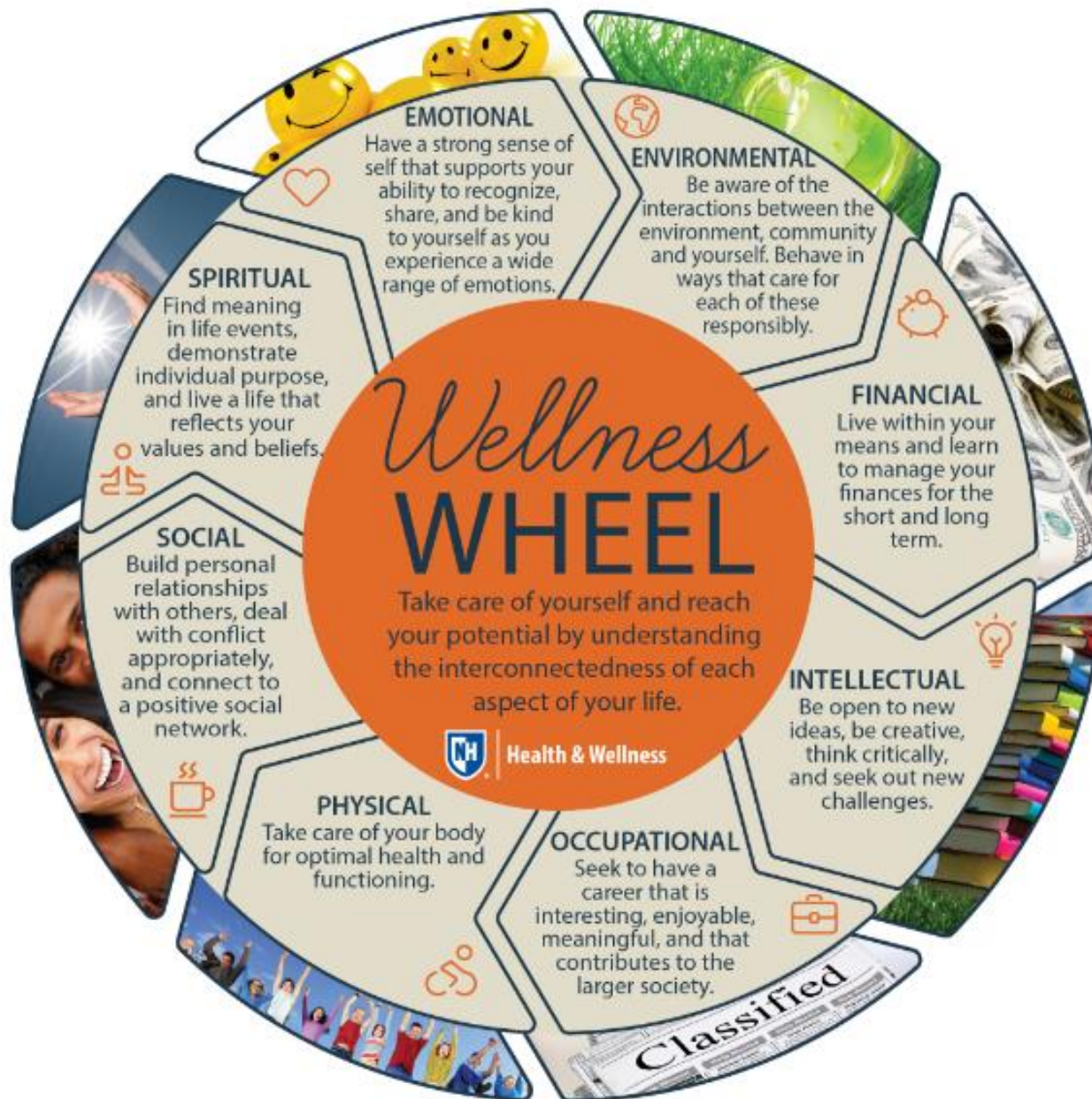
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**How do we take care of
ourselves?**

Wellness wheel reflection questions/prompts

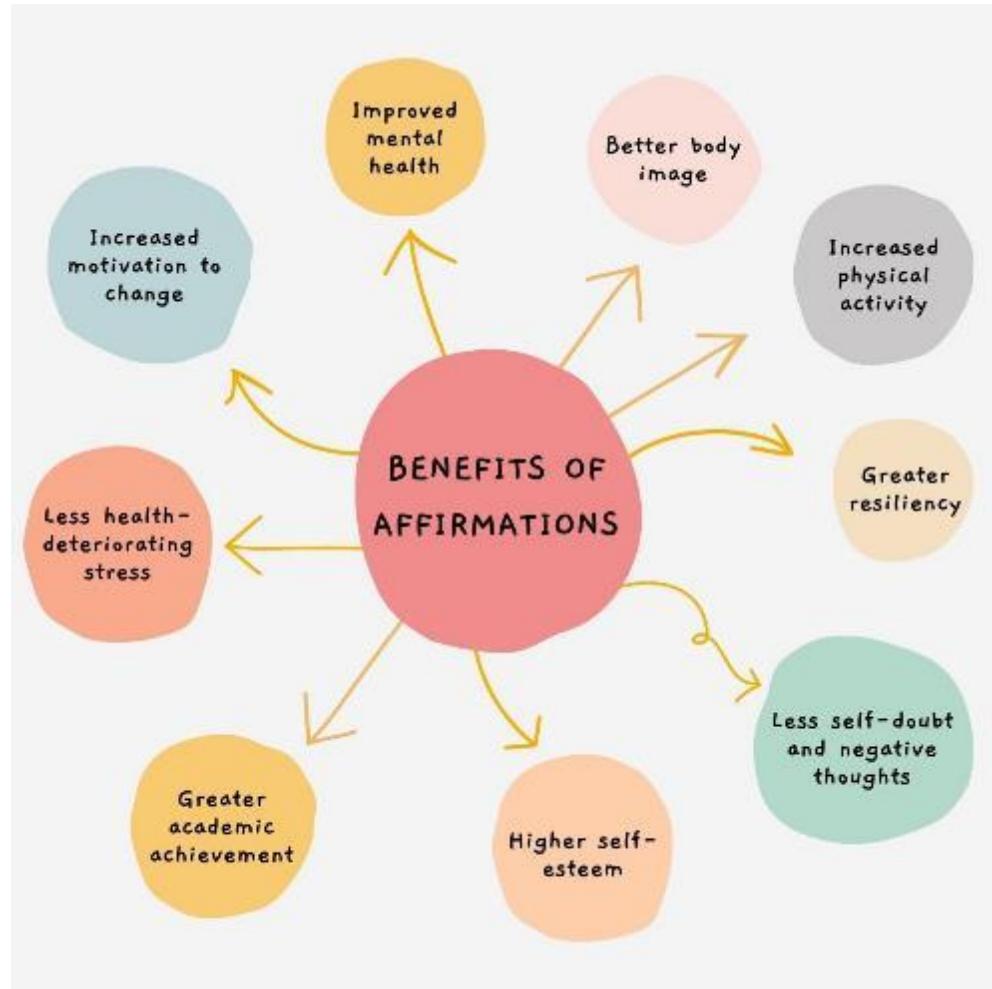
- Why is taking care of our overall wellness important?
- Prioritizing only school/career does not make us more productive
- What are you already doing to integrate wellness into your daily life?
- What changes do you think you might want to make?





Using Affirmations and Maintaining Perspective

- Practice with affirmations you believe
- Recognize inner strengths and what you have gotten through in the past



What is Resiliency?



- The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress
 - Examples: family and relationship problems, serious health problems, or workplace and financial stressors
- Resilience is not something people either “have” or “don’t have”
- Being resilient does not mean you should “get over it” or that the trauma or problems are not real

A few ways to build resilience:



Remind

Remind yourself of what you have overcome in the past



Reflect

Reflect on your abilities and what is in your control



Reconnect

Reconnect to your values and purpose



Look

Look at the big picture and reframe - this is likely not permanent



Remind

Remind yourself that one setback does not define you as a person



Take Time

Take time out to relax and recharge



Practice

Practice self-compassion and positive affirmations.

Using Emotions as Motivation



Sometimes uncomfortable emotions can act as a fuel to take action and challenge our comfort zone



Emotions (including anger or frustration) can fuel the courage to act, and we can use it for a meaningful purpose

Managing Expectations: How much is on your plate?



- Learn about your limits
- Consider opportunities to say “no” and set boundaries
- Ask for help or support when needed
- Accept help when it is offered
- Break down goals into smaller pieces
- What goals are “actionable” and attainable?
- How many tasks can one person complete in a day?

Tip: Challenge Unhelpful Thinking

MANAGING UNHELPFUL THINKING

CATCH IT

WHAT WAS THE THOUGHT BEFORE THE EMOTION? WHAT WAS GOING THROUGH YOUR MIND?

CHECK IT

HOW ACCURATE IS THE THOUGHT? IS THERE ANYTHING TO SUGGEST IT'S NOT 100% TRUE? IS IT A USEFUL THOUGHT?

CHANGE IT

WHAT WOULD BE A MORE BALANCED, FAIR & ACCURATE THOUGHT? WHAT WOULD BE MORE HELPFUL TO THINK?

Staying Motivated

- Reflect on purpose and goals



- Give yourself credit for your efforts

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CAPS Services

CAPS Main Location

College Avenue Campus
(17 Senior Street)



What are some of the services to students that CAPS provides?

“Let’s Talk” – Informal
Consultation with a
Counselor

Community Outreach

Workshops that
Teach New Skills

Group Services

Psychiatric Care

Individual Counseling
Services

Substance Use
Treatment and
Recovery Housing

How Do I Get Connected to CAPS?

Call the CAPS Office at 848-932-7884

- To set up a phone screening for services and schedule an initial meeting with a counselor
- To reschedule an appointment
- To ask questions

OR Visit our Office
17 Senior Street
College Avenue Campus
New Brunswick, NJ

**OR Visit Our Website for
More Information**
<https://health.rutgers.edu/medical-and-counseling-services>

Drop-In to Let's Talk with Community Based Counselors

- Located in 15 communities on campus for 1-2 hours/week
- General support, consultation, education, connection to CAPS/community services.
- Provided by phone, video, in person.
- Call CAPS and choose option #2 to schedule an appointment or drop in during scheduled times.

For more information scan the QR code



Reach the Daytime On-call Counselor for Crisis Support

CAPS on-call counselor is available for crisis intervention and emergencies every day during regular business hours:

Monday through Friday
8:30 am to 4:30pm
(except University holidays)

Students can access the on-call counselor by visiting 17 Senior Street on the College Ave Campus or calling 848-932-7884.

The phone is answered by a service off hours that can provide students with immediate assistance in a crisis.

IN CRISIS?



NEW! 988 Suicide & Crisis Lifeline



The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.



Call or text [988](tel:988) or chat 988lifeline.org

CONCERNED ABOUT A FRIEND?



dosomething.rutgers.edu

