

# Resilience

## Adapting to live and thrive in our new reality

Resilience has been defined in psychology as the ability to adapt well to adversity or stress. It is important to have a “repertoire of strategies and skills for coping” with difficult times (American Psychological Association, 2018). Fortunately, these skills can be learned and developing them is more of a process than a trait, that we either have or do not have.

**"I AM MORE VULNERABLE THAN I THOUGHT BUT MUCH STRONGER THAN I EVER IMAGINED."  
- SANDBERG**

Resilience helps us to manage change. As we adjust to the new realities thrust upon us by COVID19, we have been forced to tap into resources we may not know we had and to adjust our lives and thoughts to our evolving situation.



**Resilience**

"Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes."

*Psychology Today*

Academics are concerned about the impact on learners. Educators have been forced to face a sometimes steep learning curve from face to face engagement to online/digital learning and assessment. Learners, who may not have been accustomed to online/remote learning, now have to adjust to the new requirements and challenges that require devices, internet connectivity and more independent learning. Financial constraints may make these issues even more acute.

Families are trying to cope with the costs of COVID19. These costs for some include the loss of employment and income, extended time at home, navigating online learning for children, adapting to working from home and significantly reduced social interaction.



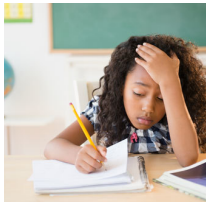
The psychosocial consequences of these alone are tremendous. Psychologists also warn that children and partners are more at risk at this time for domestic abuse/intimate partner violence.

- Resilience Tips**
1. Make connections.
  2. View problems as challenges.
  3. Remember change is a part of life.
  4. Take care of yourself.



Some of the challenges that our college family members are experiencing include:

1. Extended time at home.
2. Extended time with family members.
3. Lack of personal space and time.
4. Anxieties and depression.
5. Quarantine weight gain.
6. Bad habits.
7. Lack of motivation to do tasks including schoolwork
8. Looking for work.
9. Frustrated children and teens.
10. Finding balance between parenting and schoolwork.
11. No internet /no laptop.



1. Created new schedules and tried new hobbies (art, craft, gardening, cooking).
2. Family projects (learning how to paint or do craft from YouTube).
3. Walks alone/ time in garden/ yard.
4. Meditation & yoga.
5. Online counseling.
6. Exercise sessions audio/video.
7. Online chats, challenges, quiz nights and parties with friends.
8. Self massage.
9. Watched educational videos/movies.
10. Read self help books.
11. Went to the beach.
12. Online/radio church services.

***Out of great difficulty can come great abundance!***

Some of the amazing creativity that **YOU** have unleashed includes:



Case	Intervention	Outcomes
2019/2020	Week 10	Increased social interaction
2019/2020	Week 11	Improved communication skills
2019/2020	Week 12	Increased self-esteem
2019/2020	Week 13	Improved problem-solving skills
2019/2020	Week 14	Increased independence
2019/2020	Week 15	Improved social skills
2019/2020	Week 16	Increased self-awareness
2019/2020	Week 17	Improved communication skills
2019/2020	Week 18	Increased self-esteem
2019/2020	Week 19	Improved problem-solving skills
2019/2020	Week 20	Increased independence
2019/2020	Week 21	Improved social skills
2019/2020	Week 22	Increased self-awareness
2019/2020	Week 23	Improved communication skills
2019/2020	Week 24	Increased self-esteem
2019/2020	Week 25	Improved problem-solving skills
2019/2020	Week 26	Increased independence
2019/2020	Week 27	Improved social skills
2019/2020	Week 28	Increased self-awareness
2019/2020	Week 29	Improved communication skills
2019/2020	Week 30	Increased self-esteem
2019/2020	Week 31	Improved problem-solving skills
2019/2020	Week 32	Increased independence
2019/2020	Week 33	Improved social skills
2019/2020	Week 34	Increased self-awareness
2019/2020	Week 35	Improved communication skills
2019/2020	Week 36	Increased self-esteem
2019/2020	Week 37	Improved problem-solving skills
2019/2020	Week 38	Increased independence
2019/2020	Week 39	Improved social skills
2019/2020	Week 40	Increased self-awareness
2019/2020	Week 41	Improved communication skills
2019/2020	Week 42	Increased self-esteem
2019/2020	Week 43	Improved problem-solving skills
2019/2020	Week 44	Increased independence
2019/2020	Week 45	Improved social skills
2019/2020	Week 46	Increased self-awareness
2019/2020	Week 47	Improved communication skills
2019/2020	Week 48	Increased self-esteem
2019/2020	Week 49	Improved problem-solving skills
2019/2020	Week 50	Increased independence



*The SVGCC Counselling Department: We are here to help!*  
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