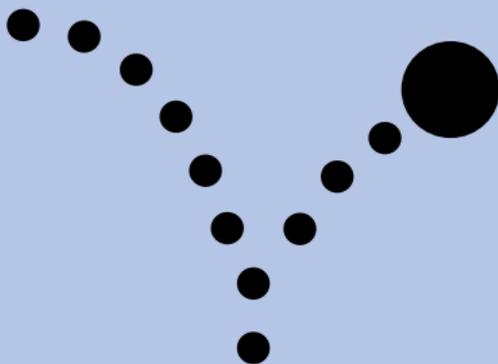




BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

••••• *Wellness Tips* •••••



RESILIENCE



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

- 1.** Prioritize taking care of yourself; sleep, eat, exercise, and plan your time
- 2.** Engage in practices that replenish your energy
- 3.** Identify and draw upon your strengths to manage and overcome challenges
- 4.** Maintain and enhance your connections by reaching out to others often
- 5.** Use cognitive restructuring techniques
- 6.** Engage in mindfulness and breathing exercises to cope with stress
- 7.** Consider volunteering your free time to helping others in ways that are meaningful to you
- 8.** Practice self-compassion to be more kind and less critical of yourself
- 9.** Set a personal goal and visualize what it would be like to achieve it
- 10.** Take advantage of on-campus resources. Stop by the CSW to learn more