

Personal Growth Series

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Resilience is all about being able to overcome the unexpected. Sustainability is about survival. The goal of resilience is to thrive. *Jamais Cascio*

Tips on how to develop resilience more effectively:

Resilience has been expressed in many (and creative) ways: 'When the going gets tough, the tough gets going', 'What doesn't kill you makes you stronger', and 'This too shall pass'. It is often likened to the indomitable human spirit and the never-say-die attitude. It is perhaps an irony that resilience is forged out of the very thing that people shun – pain.

The pain of disappointment, loss, rejection and failure causes anguish and stirs up negative thoughts and emotions. But just like gold is formed under high temperatures, human resilience is developed under adversities. Indeed, if life is a bed of roses, none of us would need resilience as we would not have experience pain. Since pain is part and parcel of life experience, thus there is a need for one to build resilience.

- ❖ Resilience is sometimes known as one's psychological immune system against the wear and tear of pain. It is our mental defence capacity in the face of trying circumstances. Just like a healthy body constantly needs nutrients and exercise to boost its immune system, we also need regular 'dosage' and 'workout' of positive thoughts to build a healthy mind.
- ❖ Resilience is not something that be learned through textbooks. Rather, it is something that one has to personally experience, process and internalise. As such, it is important to allow oneself to undergo 'resilience training' at one's own pace and abilities.
- ❖ One need not go through a painful event alone. It may be necessary and helpful to seek and receive support from others or a professional to aid one's journey to recovery.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

