

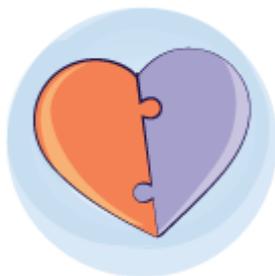


"Look at him, does it even seem like he couldn't crack that exam he had been preparing for for almost a year? He looks so happy! Oh, and that woman from next door? She lost her job a few months back but she seems so unaffected. I wonder what they do?"

Does it surprise you when people seem to remain calm in the face of crises? You expect them to have come undone in such circumstances. However, they seem to demonstrate a completely opposite behaviour.

How do they do it? How do they manage to demonstrate such calm in the face of adversity?

To answer these questions, Psychologists have one word for you - "**Resilience**". Resilience isn't something that you're necessarily born with. Rather, it's something you develop with practice. Here are 4 tips to help you with that -



#### **Connect: Prioritise Relationships**

Studies show that social support is related to psychological well-being. The more someone feels connected, the less likely they are to feel left out.



#### **Nurture: Practise Self-care**

According to psychologists, practising self-care helps in discovering your worth, improves self-esteem and boosts both physical and emotional health.

So try to stay connected with people who care about you. Spending time with family over meals and catching up with friends over calls helps reflect a sense of joy.



### **Acknowledge: Find Purpose**

Take initiative to move ahead in life and focus on future goals. Research shows that the more worthwhile we find our lives the more positive changes we experience.

For eg. If you couldn't clear an interview, spend an hour each day developing your top strengths or working on your resume.

Eating well, getting ample sleep, taking breaks, exercising, are some excellent ways to keep negative thoughts at bay and become mentally strong.



### **Seek help: Ask an Expert**

Building mental resilience is a team effort. While some have family and friends, not all come with a natural support system and there is nothing wrong about it.

You can build your own by support system by connecting with YourDOST's Experts who are here to guide and help you, 24x7.

[CONNECT TO AN EXPERT](#)

Remember, mental health is integral, not optional. To give your own as well as someone else's mental health a boost, [click here](#).

For further queries/concerns, please feel free to write to us [campus@yourdost.com](mailto:campus@yourdost.com).

**Standing with you,  
Team YourDOST**