

# Thriving Through Uncertainty

The Suicide Awareness and Prevention Office designed the Managing Distress *Wellness Plan* below to provide a tool for you to use in order to increase your awareness of how you are navigating these uncertain times. It is likely you have a number of strategies that have been helpful, but the plan below is focused on helping you identify ways to manage uncertainty, embrace your experiences, and remain proactive in your self-care.

## Managing Distress

	Wellness Plan
<p><b>Personal Reflection:</b> Describe how you have been navigating the during the pandemic (coping skills, stressors, defining resilience, etc.?)</p>	
<p><b>Daily Maintenance:</b> Describe how you are maintain connections to your community, values, awareness of you mental and physical health, and personal goals? How do you maintain connection on a daily basis?</p>	
<p><b>Maintaining Balance:</b> How are you reducing unhealthy patterns and habits, while increasing wellness to navigate your daily demands?</p>	
<p><b>Early Warning Signs/ Responses:</b> How do you know when you are managing too much stress? What is going well/ continuing to go? What have you stopped doing? How attuned are you to your body</p>	
<p><b>Crisis Planning</b> How would you know you are experiencing a crisis? Thoughts? Behaviours? Feelings?</p>	

## Increasing Resilience Tips

- Give yourself grace
- Actively manage stress.
  - It is important to notice when you are stressed, name it and acknowledge it.
  - Move your body.
  - Sleep.
  - Practice mindfulness.
- Mix it up.
  - If you are staring at a screen too long, take a break, move around and shift your gaze.
- Switch up your study habits, if needed. Visit the Student Success Center for additional tips
- Find your new normal.
- Accessing Resources:
- Reach out to your social networks
- Let others know how they can be a resource for you (try not to assume people know what you need)

## Managing Distress

### Accessing Resources:

Identify resources for help

Assistance:

Support (trustworthy):

Advice:

This includes friends, family, neighbors, health professionals, emergency services.

Steps to remain Proactive: How do I hold myself Accountable?

Notes:

## Increasing Resilience Tips

