

# Sources of Strength for Resiliency

## Acceptance

A major source of strength can be accepting the ever-changing nature of our current situation, and understanding the ways you are prepared to roll with it and practice patience.

- What are ways you can help yourself prepare?
- What unknowns will you need to accept in order to stay strong during tough times?

## Generosity

We've heard from many students that opportunities to be generous with time and space, as well as opportunities to accept generosity, have been important components of coping through this challenging time.

- What are ways you're open to giving and receiving support from the people in your life?
- How can you increase the conditions under which you can be generous?
- How has it made you feel to give or receive generosity recently?

## Awareness

Staying safe and aware are two of our greatest strengths when supporting ourselves, our loved ones, and our health care system. Without going overboard on information, following guidelines from vetted sources can keep us up to date. It's also important to cultivate our awareness of how our uncertainty impacts our behavior.

- In what ways can you keep informed and maintain safe practices without overwhelm?
- How will you know when you're getting overwhelmed and need a break?

## Compassion

This is a challenging time for the entire world, and it may feel like there are obstacles to being good to ourselves and those around us. Paying it forward is more important than ever.

- In what ways can you give quality time to people, projects, and activities that you may have more time for?
- What are ways to be good to yourself and others during shelter-in-place?

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## Resources

Free Health Coaching via Zoom- students can reach out to their provider directly through bMail or contact HP at [hpromo@berkeley.edu](mailto:hpromo@berkeley.edu) to be connected to a coach

See [uhs.berkeley.edu/coronavirusmentalhealth](https://uhs.berkeley.edu/coronavirusmentalhealth) for more resources and handouts.