



THE MINDBODY CONNECTION



CASE

CASE WESTERN RESERVE UNIVERSITY

ISSUE 9, Jan/Feb 2005

Resilience

Resilience is the capacity to “bounce back” from life’s difficulties and adapt to stressful life situations. Adverse life experiences can take many forms, from bumps in the road such as bombing an exam to major life changes such as the death of a loved one. While people usually tend to adapt over time to life-altering situations, under extreme stress our capacity to adapt can be severely challenged.

A key component in resilience is a good social support system which offers emotional support, encouragement and reassurance. Other components include the ability to make strategic plans and carry them out, self-esteem and self-confidence, effective communication skills and the ability to manage difficult emotions.

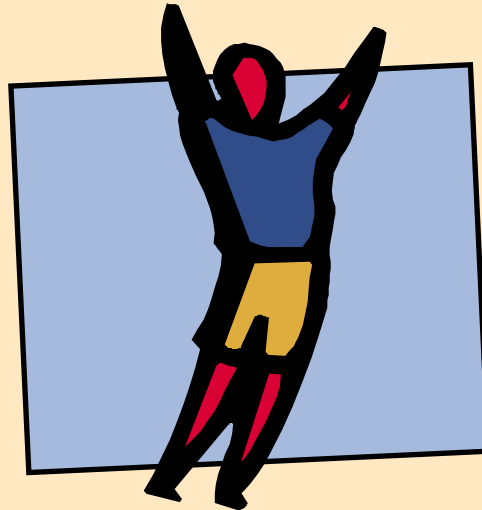
Tips for Building Resilience

Get Connected

Strong relationships with people who can be supportive and helpful can be a key factor in our ability to bounce back. These relationships can include friends and family, and can be fostered in clubs, teams, civic or religious organizations, or support groups.

Put Crises in Perspective

When we interpret losses or temporary setbacks as insurmountable problems it can block our



creative problem-solving process. Look beyond the immediate problem and focus on how you want life to be once the situation is resolved or the pain of loss begins to heal.

Accept Change as Part of Life

While we enjoy the comfort and security of things remaining stable, change is most often an opportunity for growth and learning. Goals and plans may need to be revised in order to move on.

Set Goals and Work Toward Them

Decide what you want in the future and take steps to achieve it. This is almost guaranteed to help you work your way out of the immediate situation and move toward improving things.

Maintain an Optimistic Outlook

When you expect something good to come out of a situation, it can help you see options and possibilities for resolving the problem and having a better future.

Remain Flexible

Be open to new possibilities and methods of handling a situation which you might not have considered before. Try new strategies and suggestions from others (with discernment, of course) even if they may be unfamiliar to you.

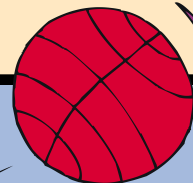
Take Care of Yourself

Managing stress through healthy life practices is essential to strengthening coping skills and resilience. Exercising, eating whole foods instead of junk food, getting enough sleep, relaxation, and avoiding alcohol or other drugs are some basic strategies for helping yourself get back on track. For more information on self-care under stress, visit

www.imt.net/%7Erandolfi/StressLinks.html#situational .

For additional information on resilience, go to www.helping.apa.org .

Information in this article has been adapted from the American Psychological Association Practice Directorate.



BOUNCING BACK

Resilience is the quality of being able to adapt and cope with the stress, crises and other difficult situations we face in our lives. This group is for anyone wanting to learn more resilience skills.

We meet on Mondays at 4:00-5:00 in the locations listed below. Come to any or all that you like.

Feb 7	Changing Our Thinking About Difficult Situations	Sears 214
Feb 14	Surviving the Breakup	Thwing Center - Cleveland Room
Feb 21	Healthy Lifestyle Choices & Using Gratitude	Sears 214
Feb 28	The Power of Forgiveness	Sears 214
Mar 14	Spirituality as a Source of Strength	Sears 214

This year our groups and programs have been geared toward helping you maximize your ability to adjust, regroup and bounce back from stressful situations in college. See page 2 for a preview of the groups and programs offered this spring. Groups are open-ended, so you can join at any time.

GROUPS



MAKING PEACE WITH FOOD

This is a counseling group for women college students who have experienced problems with food and weight obsessions, unhealthy eating patterns, or negative body image. Cultural, family and individual factors that contribute to eating disturbances will be addressed in a confidential manner. Group members can learn to develop healthier attitudes and behaviors related to themselves and their relationship with food. For more information contact joy.pengilly@case.edu .

Dates: Wednesdays, Beginning February 2
Times: 4:00-5:00pm
Location: 201 Sears

S.M.A.R.T. RECOVERY

“Self Management and Recovery Training” is an alternative to traditional 12-step programs, using scientific principles of cognitive behavioral psychology to help people end addictions, prevent relapses and overcome addiction related personal problems. For more information contact william.hale@case.edu .

Dates: Fridays, beginning January 21
Times: Noon -1:00pm
Location: Cleveland Room -Thwing Center

Talk To Us

For more information or if you would like to see a specific topic presented in this newsletter, please email william.hale@case.edu

For any other questions or comments, please e-mail Collegiate Behavioral Health at mind-body@case.edu

Collegiate Behavioral Health
Health Services, 2nd Floor,
2145 Adelbert Road
216-368-2510
Monday - Friday, 8:30 - 4:30

University Counseling Services
Sears 201
216-368-5872
Monday - Friday, 8:30 - 5:00

STUDENTS OF COLOR SUPPORT GROUP

Being a student of color on a university has its rewards and challenges. In this group, participants can share feelings and experiences, explore racial identity and process how racial differences influence their everyday relationships with themselves and others. Group members will learn to maintain or develop positive views of themselves, develop skills in communication and problem-solving, make connections and enhance self-care techniques. For more information contact cortney.worrell@case.edu .

Dates: Mondays, Beginning January 24th
Times: 4:00-5:00pm
Location: 201 Sears

WOMENS' SURVIVOR GROUP

(Co-sponsored by UCS & Center for Women)

This counseling group is for women who are survivors of rape or sexual assault. The group aims to assist women in the healing process, focusing on personal power, coping and resilience in a safe, confidential environment. Due to the sensitive nature of the function and purpose of this group, those interested in participating in this group are asked to meet with one of the leaders for a brief interview.

For more information call Dana Blocker (368-0985) or Joy Pengilly (368-5872)

SUPPORT GROUP FOR RECOVERING STUDENTS

There is a solution! College and professional education programs are high-risk venues for trouble with alcohol and other drugs. This support group is for students who want to explore their relationship with mood altering chemicals and develop skills for freeing themselves from substance use. Students can join this group anytime during the year. For more information contact joy.willmott@case.edu .

Dates: Thursdays (ongoing) Beginning January 13
Times: Noon-1:00pm
Location: 201 Sears

MANAGING STRESS THROUGH MEDITATION

A large body of scientific research shows the effectiveness of meditation in reducing the symptoms of stress (including migraine headaches and muscle tension) and in calming the mind and relaxing the body. Participants in this group will learn to reduce their stress and achieve a more consistent state of calm and balance through various meditation techniques. Wear comfortable clothes and be prepared to sit on the floor. Pillows will be provided. For more information contact william.hale@case.edu .

Meditation is not associated with, nor does it conflict with any religious tradition.

Dates: Fridays, Beginning January 21
Times: 3:30-4:30
Location: Center for Collegiate Behavioral Health

Fit4Life Community

2005-2006
New Housing Option

- Maximize your academic, personal and interpersonal abilities
- Work with Case faculty and staff experts to learn how to be intentional about managing your stress, sleep, exercise, and nutrition to maximize your productivity.

Live on the Fit4Life floor and put yourself on a road to success! Applications are due Friday February 4th. For applications and more information, contact sarah.barnwell@case.edu

Health Education Fund Application

The Health Education Fund of the Center for Collegiate Behavioral Health is a dedicated fund for the promotion of health education at Case Western Reserve University. Financial support for programs, media, speakers and/or classroom presentations which are designed to educate and inform our students of health and mental health information will be considered for partial or full funding. Proposals which illustrate collaborative efforts between and among university organizations and departments will receive priority. Applications are available upon request by emailing The Center for Collegiate Behavioral Health at mind-body@case.edu



Center for Collegiate Behavioral Health Mission Statement

The Center for Collegiate Behavioral Health promotes a university environment dedicated to the development of healthy life practices.