



what is
RESILIENCE?

resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

Being Resilient Means....

Bouncing back from tough situations

Adapting to difficult situations that you can't change

Learning from challenging situations, and getting stronger

Why is it important?

Your exchange will be an amazing and life changing experience AND, it will have it's challenges.

You will be faced with adapting to challenges, like:

- New culture
- New language
- New friends
- New relationship with friends and family back home.
- New responsibilities
- New routines and surroundings.....



Some of the most common problems on exchange:



Anxiety



Homesickness
and FOMO



Sleep Disruptions



You CAN practice
and build
Resilience



Build your resilience muscle...



Practicing Resilience Before Exchange...

- If you're worried about whether you've got what it takes to get through this, put things in perspective
- Remind yourself "it's not that deep!"
- Practice Balance: When you talk about bad times, make sure you talk about good times too
- Keep a journal, a list, or even a mental picture of positive images and experiences that you can revisit when stressed.
- Maintain an awareness of Anxiety, Homesickness, and Sleep habits, and develop a plan ahead of time for how you might deal with these issues.

Building resiliency on exchange...

- Talk with host country friends and host parents
- Get connected with your new community
 - Through volunteering, clubs, school, sports and other activities
- Find a healthy way to express yourself as well as track your progress. Think art, journaling, exercise...
- Consult the 100 things to do to relax list, and pick a few to try

Embarrassment Happens...

When you make a mistake (and you will),
or something happens that is embarrassing (and it will),
remember:

- It's not the end of the world
- Apologize if necessary
- Laugh about it, if you can
- Learn from it

Move on from it!



Roll a 1: I am thankful for....

Roll a 2: Other people compliment me on my ability to...

Roll a 3: Something I would like other people to know about me is...

Roll a 4: I feel really good about myself when...

Roll a 5: I am proud of my ability to...

Roll a 6: Something nice I recently did for someone else was...

Continuous effort, not strength or intelligence,
is the key to unlocking our potential.

~Winston Churchill

