



# WORLD MENTAL HEALTH DAY 2020

Mental Health for All  
Greater Investment - Greater Access



## BUILDING PSYCHOLOGICAL CAPITAL

### RESILIENCE

#WorldMentalHealthDay  
#MentalHealthForAll



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THE AGA KHAN UNIVERSITY

All of us face stresses in our lifetime ranging from everyday issues to ones that have a greater impact due to their intensity or time duration.

**Resilience is defined as the ability to withstand, adapt to and recover from stresses and adversity such as loss, trauma, or other disturbing life events.**

Having natural reactions to the negative outcomes of these events is very much normal and resilience does not imply being impervious to difficulty or distress.

**Being resilient means that you are able to deal with varying intensities of stress and bounce back through constructive coping.**

It involves tolerating pain, frustration and loss; dealing with challenges and setbacks, and growing in the process. Lack of resilience causes poor emotional wellbeing and sub-optimal functioning as well as victim mindset.

**Feeling helpless over a period of time leads to depression and other mental health issues.**

The ability to cope with stress and adversity is a critical life-skill to not merely survive life but to thrive in it as well.

### ADOPTING A RESILIENT PERSPECTIVE:

Some stressful events are life altering, but they don't have to define the rest of your life. While it may not be possible to change the stressful circumstance, you can choose how to interpret and respond to it.

**People have different capacities for resilience, but with deliberate effort, anyone can develop more useful patterns of thinking, feeling and behaving.**

**Want to assess your own resilience level?**

[Click here](#)

### Accept change:

Change is an inevitable part of life. Accepting it when it happens and adjusting to the altered possibilities leads to healthy coping.

### Maintain a vision of life:

Sometimes adversities make us lose perspective on life. Set new goals in accordance with your values and strengths. It helps you retain self-belief and meaning in what you pursue.

### Adopt balanced and realistic thinking patterns:

Errors in thinking cause us to adopt black and white approach, exaggerate and focus on the worst scenarios, or use our feelings as evidence of people's behavior and future outcomes. We make unrealistically bad interpretations of the situation that result in negative feelings and hopelessness.

### Engage in Problem-solving:

There are always some areas of our life that we can control or modify. Finding them and planning a flexible strategy to deal with current and future challenges helps feeling empowered and can eventually lead to problem resolution.

### Build connections:

Staying in isolation reduces our opportunities to share our feelings, feel happy or be helped. Having people who accept and understand us makes difficult times easier. Try building supportive high quality connections.

### Find inner peace:

Prayers, yoga, mindfulness and meditation help regain hope and bring about a state of calmness. Journaling is another good way of clarifying thoughts and getting rid of painful feelings.

### Refrain from negative coping:

This includes being passive or resigning when you have control on the situation and can do something about it. It also includes blaming others, or using drugs to escape from reality.

### Practice compassion:

Showing kindness and helping others promotes happiness and contentment, a sense of purpose and gratitude. It also shifts your focus from your own issues and negative feelings.

### Mental Health Day Thoughts



“Resilience helps you cope with life’s unavoidable ups and downs. It is the key to a happier, more fulfilling life as it

instills in you values of purpose, courage and gratitude. So utmost importance should be given to building resilience and improving mental hygiene!”

-Dean, Dr Rozina Karmaliani

### Find opportunities for personal growth:

Going through stressful situations can help you learn more about yourself. You may become more aware of your strengths and weaknesses and may develop more meaningful relationships.

### Stay optimistic:

Optimism is being aware of all possibilities but focusing on and expecting the positive ones. Visualizing success and happy outcomes help us remain energetic and hopeful. However, expecting possibilities that can never happen increases hopelessness and depression.

### Don't give up:

The ability to face frustration and not giving up is the hallmark of resilience. This requires courage, keeping your feelings and thoughts positive, staying hopeful, and adopting a flexible strategy for problem solving.

### Counselling Services and Wellness Office

Supported by Office of Student Experience Pakistan and Aurora (Student Mental Health Group)