

**Staying**

*Resilient*

**in this  
challenging  
world.**

Things have been changing drastically in the midst of the global pandemic. Our daily lives are filled with uncertainties, and the rapid changing of situations can be rather overwhelming at times. To cope with it, resilience is substantially important. Building our resilience assists us in adapting to adversity and gaining control over difficulties.



Centre for Counselling Services



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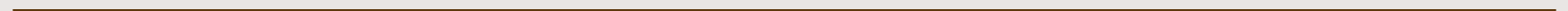
# TAYLOR'S ANNUAL MENTAL WELLNESS CAMPAIGN

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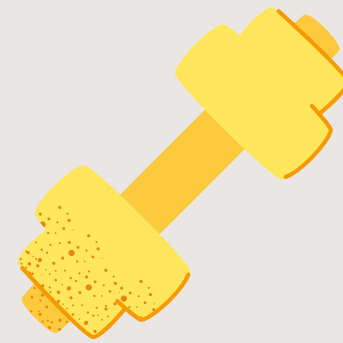
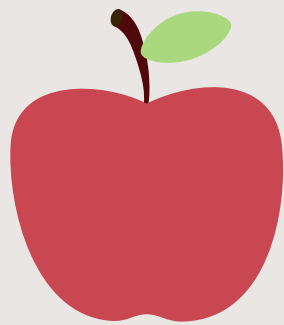


*But How?*

How do we stay resilient in such  
challenging circumstances?



## Tip 1 **Self-care**

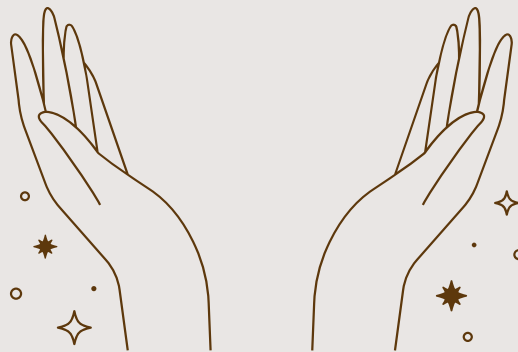


By practicing self-care, it doesn't mean indulging yourself, but looking closely to your own needs. When you're overwhelmed, it is always easy to neglect your needs. Staying up late, skipping meals, and not making time for yourself are rather common. So, try to get enough sleep, have meals regularly, and get some "me-time", do what you enjoy, and take a break.

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Tip 2

## Embracing change



Abrupt changes bring uncertainties which can make people feel anxious sometimes. However, embracing change is a process of acknowledging and accepting the situation. When you start accepting the situation, it helps you to be prepared to deal with it. Don't let changes crush you, be resilient, embrace it and thrive.

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Tip 3

## Positive Self-talk

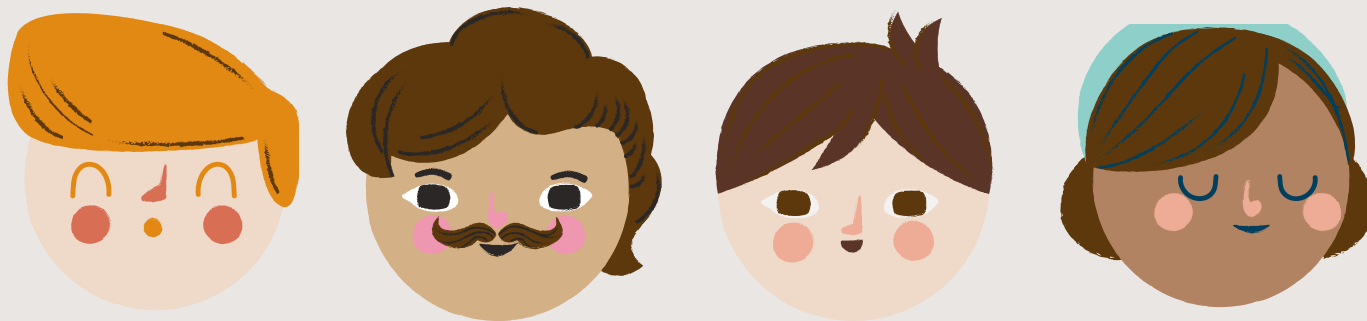


Be less critical of yourself and remind yourself of your accomplishments. This can help you to build your self-esteem, and self-esteem plays a critical role in coping with stressful events. Capture the negative self-talk in your head and substitute them with positive ones, “You did great,” “I got this,” “I can do this.” Be your own cheerleader and give yourself a pat on the back when things get tough.

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Tip 4

## Establishing social network



Yes, sometimes things get difficult, so it is important to remind yourself that you are not alone, and you don't have to be. Talking about a situation with someone may not solve all your problems, but expressing yourself and getting emotional support can make you feel better. Talk to a friend, a family member, a loved one, or reach out to a **peer counseling buddy** on Instagram/ **Centre for Counselling Services (CCS)** on Facebook for a safe space to express yourself.

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Kindly reach out if you need  
someone to talk to.



## **Centre for Counselling Services**

**Centre for Counselling Services (CCS)**

Monday - Friday, 8am-6pm

E-sessions Available

**Contact us:**

[counselor.lsc@taylors.edu.my](mailto:counselor.lsc@taylors.edu.my)



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