

## Build Your Resilience Student Activity

This activity uses the Six Domains of Resilience approach that we looked at in the workshop. If you'd like a reminder of that model, take a look at the material available on this padlet: [https://padlet.com/DMUdisability/building\\_resilience](https://padlet.com/DMUdisability/building_resilience)

The idea of the activity is that you reflect on your own resilience – where you are stronger and where you need to develop your resilience further. Then you are asked to identify some actions that you could take to strengthen your resilience. Here's an example:

**Domain:** Composure

**Reflection:** When I feel stressed about my coursework I can't think straight. I just feel annoyed and like giving up.

**Action to strengthen this domain:** I know when I exercise that it helps to de-stress me, so I'm going to go to the gym or for a run, 3 days a week, to help me feel calm and in control.

There are no right and wrong answers here. However resilient we are, there is potential to improve the situation. The actions we decide to take may be big or small. The resources on the padlet can help you to identify support and opportunities at DMU which can help with strengthening your resilience.

Domain	Question	Your reflections	Your action to strengthen this domain	Why is this an important domain to consider for an SLT?	How does this relate to the HCPC SoPs for SALT?
<b>Health</b> (nutrition, sleep, exercise)	What can you do to make sure that you get chances to exercise, eat well and sleep well whilst you're studying at DMU?				
<b>Tenacity</b> (persistence, realistic optimism, bounce back)	Think of a time where you have faced a difficult challenge or personal setback. What helped you to keep going?				
<b>Reasoning</b> (problem solving, resourcefulness, anticipate & plan)	Think about an issue or worry that you are concerned about in relation to your course e.g. doing a presentation. (anticipate)	<b>Anticipate:</b>			
	Think about some actions you could take, before that situation actually happens e.g. practice beforehand,	<b>Plan:</b>			

	recording yourself and then watching back (plan)				
<b>Composure</b> (regulate emotions, interpretation bias, calm & in control)	Think about a stressful period in your life e.g. taking exams or starting at university. What helped you to feel calmer during those stressful periods? e.g. meditation, going for a run. Make a plan that you can use to keep calm in stressful situations.				
<b>Collaboration</b> (support networks, social contexts, manage perceptions)	Who are the people that you can call on for support? On your course you will meet new people and find yourself in different social networks. Push yourself to engage with study groups. Don't avoid others at break times.				

<p><b>Vision</b> (purpose, goals &amp; congruence)</p>	<p>If we have a clear idea of what we're trying to achieve on our course it can help us to keep going through challenges that we meet. What was the reason for coming to DMU? What are you hoping to achieve (academically, professionally, in terms of life experience)?</p>				
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