What does it mean to thrive?

Stress. It’s a part of life, and some stress is actually good for you. However, when you experience too much stress, you may find yourself feeling overwhelmed or even burnt out.

The goal isn’t to get rid of stress but rather to respond well to it.

But what gets in the way of Thriving?

“Thriving” means being well and finding balance among the diverse facets of your identify; it means living your life to the fullest.
How can I manage my stress?

It starts with building up and continuously replenishing your resilience, or your ability to bounce back in the face of stress.

There are many components to resilience; by fulfilling your foundational needs you can meet your peak needs.

Resilience Pyramid
Take care of yourself.

- Take time every day to:
  - Move your body – That can mean walking to class, lifting weights, doing yoga, or playing Frisbee on the Arts quad.
  - Eat well – Take advantage of dining halls, cafés, Anabel’s Grocery, and other on/near campus options.
  - Breathe – One of the fastest ways to shut down the stress response is to take slow, deep breaths.
  - Sleep – Get 7-9 hours a night; it’s one of the most important things you can do for academic success.

It’s a good day to take care of yourself!
Reach out and ask for help.

• Asking for help is a sign of intelligence and strength. If you find yourself struggling, try some of Cornell’s many resources.

• Surround yourself with people who bring out the best in you. Finding true friends can take time – keep trying and don’t give up.

• Connect with professors, TAs, and other Cornell staff who can help you solve problems and offer guidance.
HOW CAN I THRIVE @CORNELL?

To learn more and find support:

**Cornell Health**
- health.cornell.edu
- 607-255-5155

**Learning Strategies Center**
- lsc.cornell.edu
- 607-255-6310

**Cornell Minds Matter**
- student mental health advocacy group
- Willard Straight Hall, 203
Work smarter, not harder.

• Use organizational tools like a semester calendar, a weekly calendar, and a daily to do list.

• Balance your time between things you need to get done (classes, work, job, etc.) and things that rejuvenate you (alone time, time with friends, clubs, etc.), and remember to schedule time for sleep.

• Take control of distractions. When you’re working, silence your phone, close tabs to email and social media, and only work with friends who will hold you accountable.
Grow from failure.

- Failure is **part of growth, learning, and success**.
- If you fail at something, think about what you can learn from it and be willing to try again. This way of thinking is known as using a **growth mindset**.
- **Talk back** to “fixed” mindset thoughts with a growth mindset voice. If you hear, “I can’t do it,” then add “Yet.”
Find your purpose.

- Get to know yourself and what’s most meaningful to you.
- Finding your purpose is an ongoing process. It will change as you discover new values, interests, passions, and strengths, and there isn’t one right answer.
- Be willing to try many options and fail many times. Use those experiences to guide your next steps.
- Talking with a Cornell Career Services staff member or trusted mentor can be a great way to begin thinking about your purpose and its connection to your future career.
Practice mindfulness.

When you practice mindfulness, you pay attention to the present moment without judgment. Many people practice mindfulness through mindfulness meditation.

Benefits include increased resilience, happiness, clarity, creativity, immune system functioning, and much more. Meditating for just 5-10 minutes a day can have a positive impact!

Intrigued? Come to a free Let's Meditate session or try a free meditation app like Headspace, etc.

Let's Meditate
weekly guided mindfulness meditation series

Individuals who meditate seem to feel better, do better, and find that the practice sustains them in their personal and professional lives.

Weekly guided meditation sessions—in a dozen campus locations—offer FREE half-hour opportunities for all members of the Cornell community to practice a relaxing and restorative technique supported by scientific research.

- Everyone is welcome: Open to students, faculty, and staff of all ages, genders, sizes, shapes, and abilities.
- Come as you are: Dress comfortably.
- No sign-up necessary: Just come!
- Participation is FREE