

What does “thriving” mean anyway?

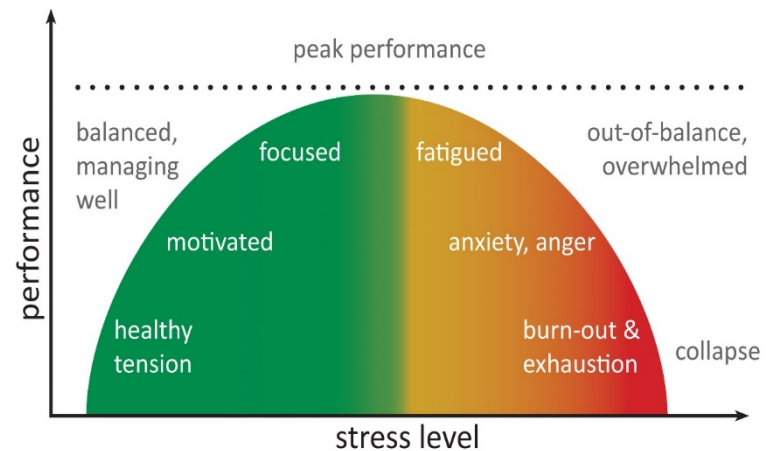


“Thriving” means being well and finding balance in all your life’s diverse facets, being able to live your life to the fullest rather than merely surviving.

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.

And what gets in the way of thriving?

The Stress Continuum



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

How can I manage my stress?

Resilience Pyramid

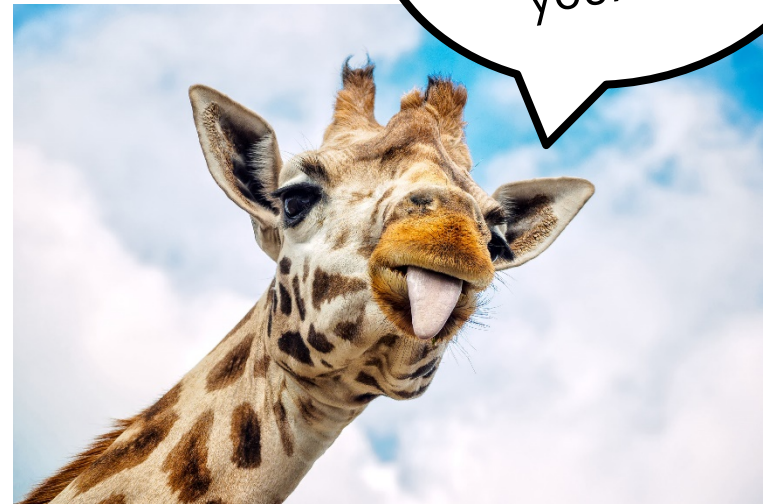


- It starts with building up and constantly replenishing your **resilience**, or your ability to bounce back in the face of stress.

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

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** – It's one of the most important things you can do for academic success.



Reach out and ask for help.



BENEATH THE SURFACE

"I wish as a freshman I had known everyone struggles to find inclusion at large universities, and sometimes students from minority backgrounds especially feel the struggle." – Katelyn Fletcher

Services and support are available to help Cornell students address a range of issues impacting health and well-being.

Cornell Health
medical and mental health services
phone consultation 24/7
607 255-5155
health.cornell.edu

Center for Intercultural Dialogue
626 Thurston Ave.
brings together diverse student organizations,
and other cultural centers across campus
living.sas.cornell.edu [search "intercultural"]

 Beneath The Surface  Additional resources: caringcommunity.cornell.edu

This campaign was developed by Cornell students... for Cornell students.




BENEATH THE SURFACE

"Seeking guidance and support from those who are experienced in the field of stress and time management was extremely beneficial."
– Peter Chodas

Services and support are available to help Cornell students address a range of issues impacting health and well-being.

Learning Strategies Center
taught, supplemental courses, and
facilitated study groups
607 255-6711
lsc.cornell.edu

Athletic Student Services
supporting the health and
well-being of Cornell athletes
www.cornell-gnd.com
[search ASA Services]

 Join us on Facebook, @CornellAthletics/ASA  Additional resources: www.caringcommunity.cornell.edu

this campaign was developed by students... for students



- 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.



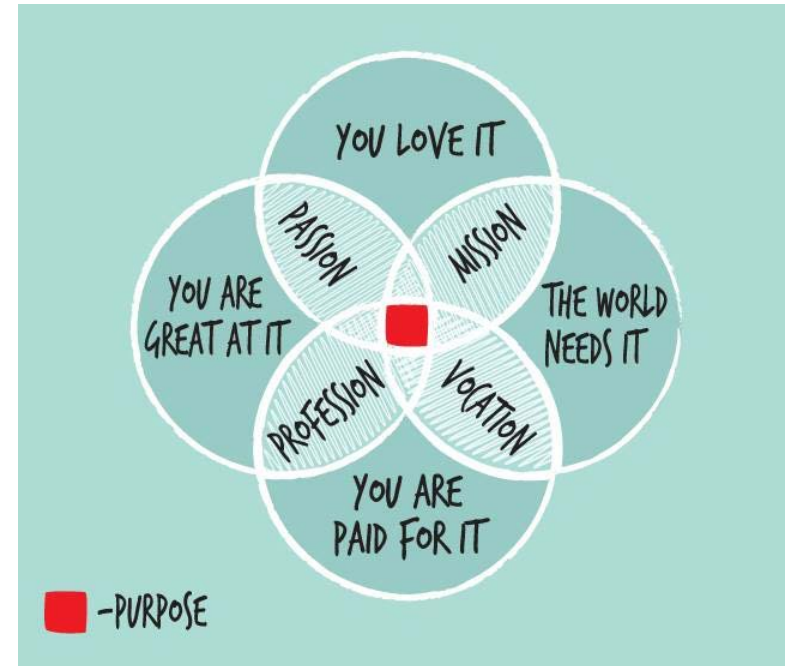
Grow from failure.



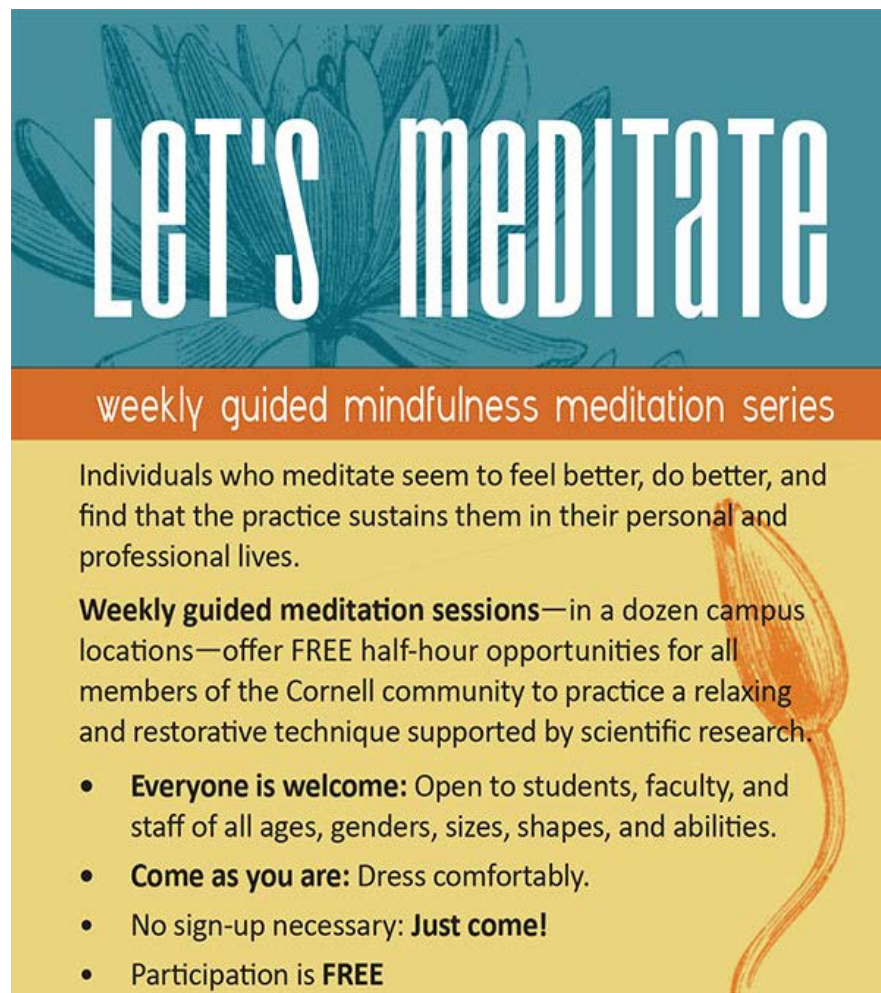
- Failure is **part of growth, learning, and success.**
- If you fail at something, think about what you can learn and be willing to try again. This way of thinking is known as using a **growth mindset.**
- **Talk back** to “fixed” mindset thoughts with a growth mindset voice. If you hear, “I can’t do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

Find your purpose.

- Everyone's purpose is the same: **to come 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.



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**

- 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.