

Building Resilience Week 3



How often do you set goals? Is it once a year on New Year's Day? Every week with the best of intentions, only find ourselves back in old habits by Wednesday? How about all the things we said we would get done back in March when Covid hit the pause button on regular life? How about finding it difficult to set goals when there is so much uncertainty or unrest in the world?

We may feel as though we don't have a lot of control these days. But the fact remains that we have an opportunity each day to transform our circumstances. Whether your ultimate desire is getting something accomplished that you have been letting go or changing the world, you have control over you, your actions, and reactions. Resilience not about avoiding difficulties but rising from them. So, as we face what can seem like insurmountable circumstances, it's important take a moment and recognize what we have power over and make a plan. If you don't succeed? Try again. Think of any goal setting as a challenge to yourself and reward yourself when you make even the smallest progress towards it!

Take time to consider how you would like to move forward or what you feel passionate about. Create a goal for yourself that is realistic and measurable. Incorporate small steps toward your goal into your daily schedule (i.e. taking the stairs, researching a new hobby, calling an old friend, etc.) Moving toward your goal creates a sense of accomplishment and confidence. How are you moving forward today? List the activities in your life that energize you or give you a sense of purpose and meaning. For more on this topic, check out <https://blog.rescuetime.com/daily-goals/>.

As always, the Rutgers Employee Assistance Program is just a call away: 856-770-5750.

Denise Golonka

Mental Health Clinician

Rutgers Health UBHC - Student Wellness Plan