

Resilience - Bite-Sized One Page Resource

Understanding the key elements of psychological stress and strain can help you to identify the opportunities to support your own wellbeing and that of your team members.

The combination of:

High Demand

The external demands (workload, deadlines, family worries) and the internal pressures (high expectations, perfectionism, etc)



Low Control

Feeling unable to cope, or deal with the uncertainty, or feeling powerless in a given situation can lead to feeling less in control



Low Social Support

Withdrawing from friends, family, fellow students, or feeling cut off or isolated

***'Demand-Support-Control' model, as cited in Lunberg & Cooper 2011
(The Science of Occupational Health)***

How might you use this?

- For yourself
- With a member of your team expressing or displaying signs of strain
- Explore each element -
 - ✓ do an audit of the demands (the big and small) of student life, student leadership role, family relationships and friendships, financial issues, time pressures, etc. And consider what pressure you add internally - driving yourself with perfectionism, unrealistic expectations of self, and others.
 - ✓ Identify what you can control and what you have little or no control over
 - ✓ What support do you need? Who can you have a conversation with (family member, friend)? What support within the University and Leadership Academy? Visit www.stressedguru.com/destresshq

Resilience - Check out the Self-Teach Video