

Student Resilience Campaign Toolkit

FSU's Approach to Building Student Resilience

Board of Governors Meeting

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strong.fsu.edu



Resilience



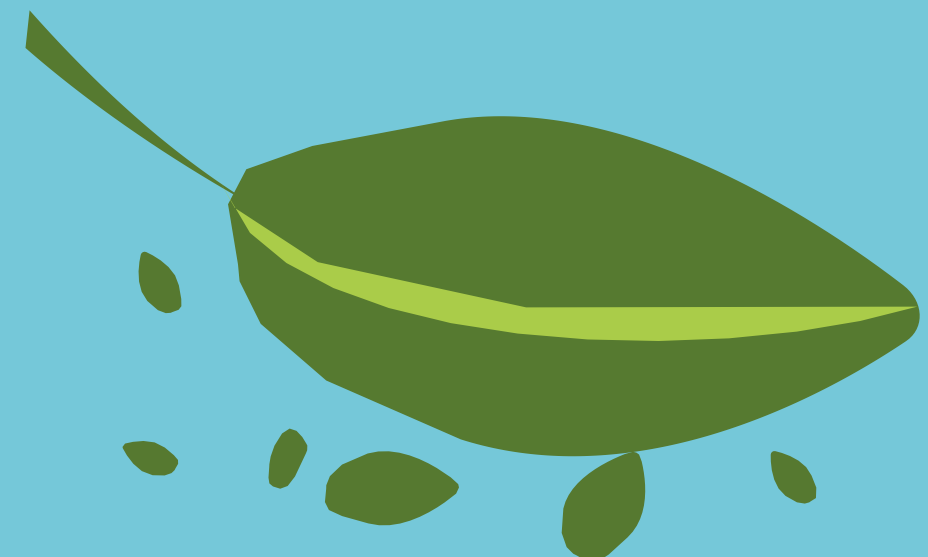
- Resilience refers to a dynamic process of positive adaptation within the context of significant adversity (Luthar, Cicchetti, & Becker, 2000)
- Our approach
 - Resilience is not a single characteristic, but is made up of protective factors or buffers to stress that can be built up and improved upon (Davidson & McEwen, 2012)
 - Resilience is accessible to anyone, regardless of personal histories.
 - Published description of project: Oehme, K., Perko, A., Clark, J., Ray, E.C., Arpan, L. & Bradley, L. (2018). A trauma-informed approach to building college students' resilience. *Journal of Evidence-Informed Social Work*. DOI: [10.1080/23761407.2018.1533503](https://doi.org/10.1080/23761407.2018.1533503) (We are happy to send you a copy).

Students need help

- College presents significant social, economic and academic pressures from:
student debt; living away from home; sharing living space; juggling social demands; rigorous academic expectations
- Mental health problems are significant: high rates of anxiety, depression
- Trauma histories cannot be ignored: adverse childhood experiences

Thus, all college students, even if they do not suffer from mental health issues or have trauma histories, can benefit from learning:

new **coping skills**, effective **stress management**, intentional **emotional regulation** approaches; increasing connections to resources, increasing sense of belonging, destigmatizing help-seeking



Our Approach: A Complement to Existing Services

Animation

- The effect of trauma on the brain
- Process of healing and building resilience



Exercises:

- Affirming students' values and strengths
- The keys to emotional self-regulation
- Cognitive reframing
- Breathing for relaxation and sleep
- Using failure as a pathway to success
- Writing for mental health

Brief Audio Trainings

- Campus leaders normalizing help seeking
- Frustration tolerance
- Sleep and relaxation audios
- Stress management
- Anxiety reduction

All content:

- Accessible, private, online interventions
- Culturally sensitive; address discrimination
- Include skills to help resolve trauma

Videos and More

- Personal accounts of how other students have healed and thrived
- Relaxation and Yoga

FSU Student Resilience Project Design/Research Team

- Karen Oehme, J.D., Distinguished University Scholar, College of Social Work
- Licensed mental health professionals and M.D.s, including
 - Dean Jim Clark, PhD, M.S.W., L.C.S.W., Dean, College of Social Work
 - Prof. Suzanne Harrison, M.D., F.S.U. College of Medicine
 - Additional faculty & staff from FSU's :
 - Division of Student Affairs
 - College of Nursing
 - College of Human Sciences
 - College of Social Work
 - College of Communication and Information
 - College of Education
 - College of Law
 - College of Business
 - College of Fine Arts
 - College of Music
 - Athletics Dept.
 - Office of Distance Learning



Components of the Student Resilience Campaign

- Literature review & peer-to-peer interviews; ongoing
- Mini-video series of students offering advice to their peers
- Teaches students that past trauma can affect mental and behavioral health
- Raising awareness of ACEs can be empowering
- Colorful, humorous animations were used to increase student reception of health information
- Massive cross-campus dissemination with buttons, stickers, tee shirts, posters
- Presentations to over 70 groups across campus – Student Ambassadors
- Creation of culturally inclusive content and diverse student representation throughout the project
 - ✓ Content specifically for LGBTQ+ students
 - ✓ Content acknowledging historical racism and challenges specific to students of color





FLORIDA STATE UNIVERSITY
DIVISION OF STUDENT AFFAIRS

STUDENT RESILIENCE PROJECT

The Student Resilience Project is a web-based, research-informed toolkit developed to encourage students' wellness by helping them learn to manage stress in healthy ways and increase their sense of belonging. The website features videos, skill-building activities, resources and information, including podcasts by campus experts.



Learn more at strong.fsu.edu

What can you expect to find at strong.fsu.edu?

Videos

- An Introduction to Trauma and Resilience
- What I Wish I Knew My First Semester

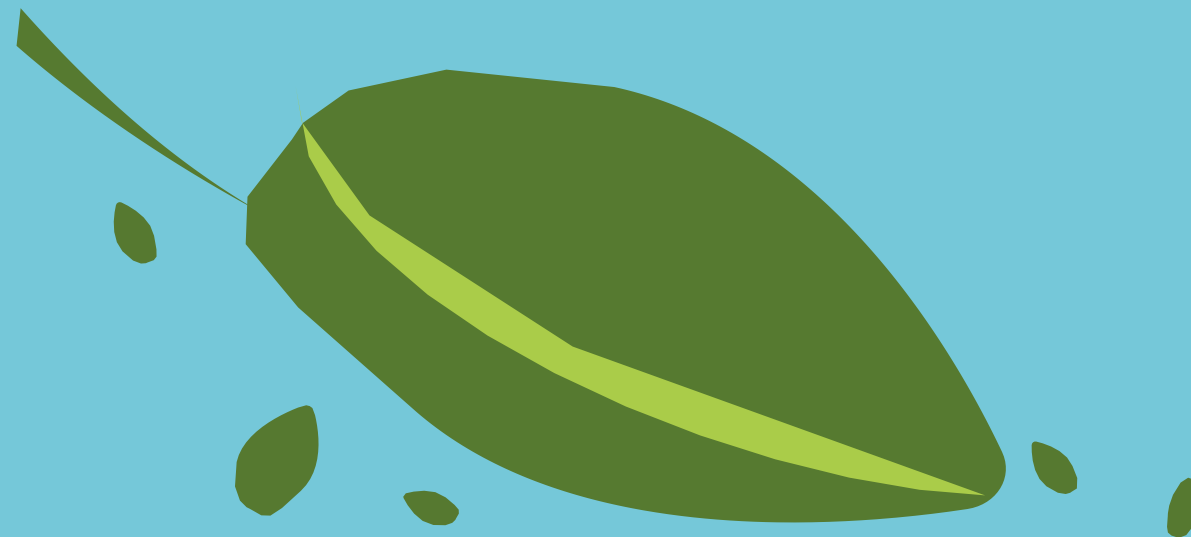
Exercises on Identifying Your Seminole Values and Strengths

Real-Talk Audio podcasts on the following topics:

- Grief
- LGBTQ issues
- Depression
- Frustration tolerance
- Quieting Your Busy Mind
- Space and Wellbeing
- Calming Intrusive Thoughts
- Supporting Students of Color
- When You're Worried About a Friend

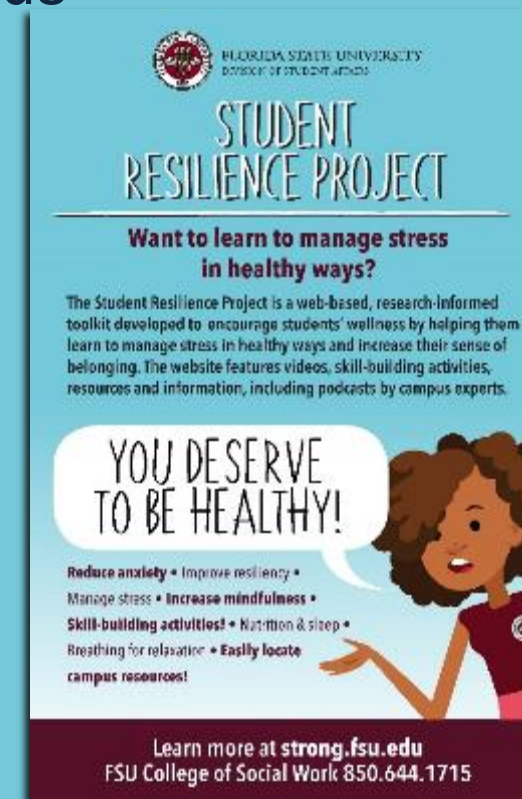
Stress Management and Relaxation Skills and Techniques, including:

- Music relaxation
- Sleep audios
- Meditation
- Journaling
- Yoga
- Mindfulness
- The lessons of failure



Keys to Success

- **Leadership buy-in:** College President promoting resilience campaign at convocation
- **Faculty buy-in:** presentations to faculty meetings and faculty implementation guide
- **Cross-campus appeal:** presentations to every college, division, and campus unit, *integrating services*
- **Student ambassadors:** raising peer awareness of resilience in classroom/student groups
- **Social media campaign:** driving students to site with evidence-based resilience messages
- **Multimedia marketing:** materials displayed across campus



Our Solution

An online toolkit and campus-wide campaign to effectively address Student Resilience

3 features of the website:


- Focuses on the whole person
- Takes a universal prevention approach, as recommended by CDC, but is not clinical
- A convenient hub for information, utilizes a comfortable, 24/7 availability, online platform

3 benefits of campaign:

- Information viewed privately, is complement to current services across campus
- Consistent with how Generation Z typically accesses health information
- Universal, normalizing, destigmatizing (everyone has access to it)





 THE FSU STUDENT RESILIENCE PROJECT strong.fsu.edu 850-644-1715	Resilience Coping Skills <u>YOU deserve to be</u> <u>Healthy!</u> Reducing Anxiety Stress Management	Resources
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Identify Your Strengths



MY STRENGTHS

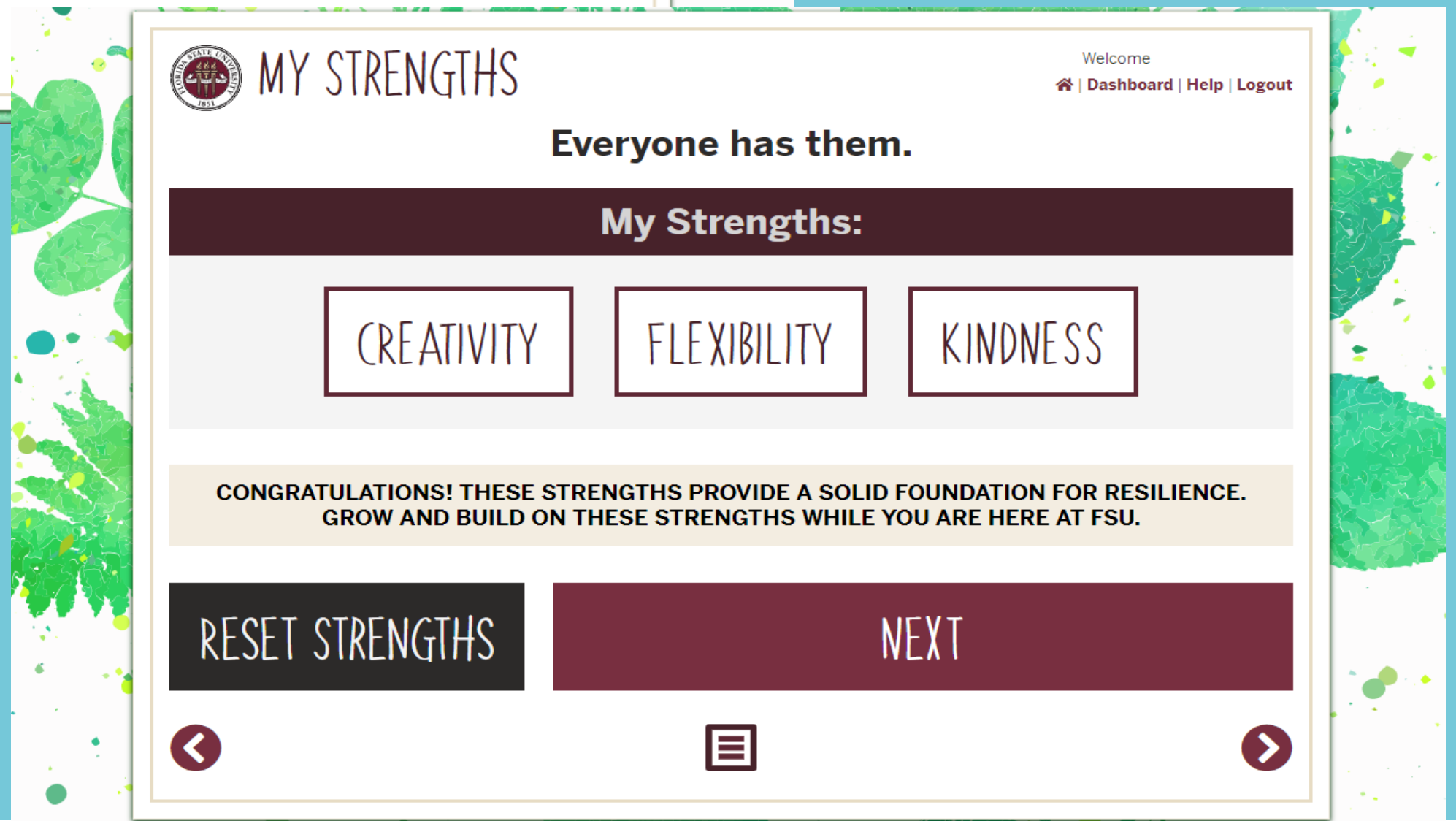
Welcome
Dashboard | Help | Logout

Everyone has them.

Click on **3 strengths** to add to your **My Strengths** list.

CREATIVITY	<input type="radio"/>	FLEXIBILITY	<input type="radio"/>	KINDNESS	<input type="radio"/>	RESPECT	<input type="radio"/>
GRATITUDE	<input type="radio"/>	HOPE	<input type="radio"/>	OPTIMISM	<input type="radio"/>	FAITH	<input type="radio"/>
LOGICAL	<input type="radio"/>	GOALS	<input type="radio"/>	HOBBIES	<input type="radio"/>	FAIRNESS	<input type="radio"/>
LEARNING	<input type="radio"/>	HOPEFUL	<input type="radio"/>	INTEGRITY	<input type="radio"/>	LISTENING	<input type="radio"/>
HARDWORKING	<input type="radio"/>	OPEN-MINDED	<input type="radio"/>	SELF-MOTIVATION	<input type="radio"/>	COMMUNICATING	<input type="radio"/>

◀



MY STRENGTHS

Welcome
Dashboard | Help | Logout

Everyone has them.

My Strengths:


CREATIVITY FLEXIBILITY KINDNESS

CONGRATULATIONS! THESE STRENGTHS PROVIDE A SOLID FOUNDATION FOR RESILIENCE.
GROW AND BUILD ON THESE STRENGTHS WHILE YOU ARE HERE AT FSU.

RESET STRENGTHS NEXT

◀ ☰ ▶

Real Talk







 REAL TALK

Welcome

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FSU EXPERTS ARE HERE TO HELP YOU NAVIGATE BIG ISSUES.


Listen to at least two talks to count toward your Certificate of Accomplishment.

		
SPACE AND WELL BEING	BUILDING FRUSTRATION TOLERANCE	SUPPORT FOR STUDENTS OF COLOR
		
QUIETING INTRUSIVE THOUGHTS	MANAGING GRIEF AND LOSS	YOUR BRAIN AND EXERCISE



Learn New Skills

STUDENT RESILIENCE PROJECT

 LEARN NEW SKILLS

Welcome Lyndi Rae Bradley!
[Dashboard](#) | [Help](#) | [Logout](#)

All FSU students will benefit from developing these skills.
All freshmen must complete at least one new skill.

SPECTACULAR FAILURE

See how some of the world's most famous people have used their failures to pave their paths to success.

[Learn more about the importance of failure](#)

RELAXATION SKILLS

Everyone gets stressed and tired at some point. Learn easy coping skills with audio and visual tools for sleep and relaxation.

[Learn more about relaxation](#)

WRITE TO RELAX

Learn about the simplicity and power of journaling to relieve stress, reflect on your experiences, and thrive.

[Learn more about writing to relax](#)

MINDFULNESS

What's all the buzz about? The new emphasis on mindfulness includes learning to slow down and be present in the moment to reduce stress.



Spectacular

Everybody has challenges.

Failure is not the end of the world.

FAILURE

Check out these big names who kept going despite hardships and struggles.

Cut from his high school varsity basketball team, Jordan has earned six championship titles and is a billionaire with a universal brand.

MICHAEL JORDAN

"I can accept failure, everyone fails at something. But I can't accept not trying."



Fired from her news anchor job at 22 years old, Winfrey hosted her own show for 25 years and is now the creator of the "OWN" network and O, The Oprah Magazine.

OPRAH WINFREY

"Where there is no struggle, there is no strength."




You know him as the richest billionaire in the world, but his first business product failed miserably before co-founding Microsoft.

BILL GATES

"Success is a lousy teacher. It seduces smart people into thinking they can't lose."





Reach Out


 REACH OUT: GET WHAT YOU NEED


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IF YOU FEEL...


 DOWN


 TIRED


 IN A RUT

 OVERWHELMED


 ALONE


 ANXIOUS


 DEPRESSED


 IN CRISIS


IF YOU HAVE QUESTIONS ABOUT...


 SEXUAL ORIENTATION GENDER IDENTITY AND OR GENDER EXPRESSION

 SEXUAL AND REPRODUCTIVE HEALTH

 RESOURCES FOR CAREGIVERS







If you feel down and you don't know why...

IF YOU FEEL DOWN AND YOU DON'T KNOW WHY, WE WANT YOU TO FEEL BETTER.

ASK YOURSELF



Have I been sleeping 6-8 hours a night?

- This means not just lying in bed watching TV or scrolling through social media. But are you ACTUALLY sleeping?
- If not, get some rest. Put away the electronics—the light emitting from your phone tells your brain it is time to wake up! To learn more check out this article from The Atlantic about how phone affect our sleep: [How Smartphones Hurt Sleep](#)
- Create a comfortable and relaxing space. Listen to our "Space to Heal" audio for tips of how you can take care of your space.
- Let your body get the rest it needs.
- Here are some ways to help your body get some sleep:
 - Don't drink caffeine in the afternoon.
 - Create a bedtime routine—set a time to get ready for bed, take a shower or a bath, put your pajamas on, etc.
 - Unplug at least an hour before bed—no texting, emailing, checking Instagram/Twitter, etc.
 - Do some yoga or meditate to some relaxing music, or our audio titled "Breathing Relaxation"
 - Read a book (not a textbook).
 - Use essential oils for aromatherapy.



Have I been drinking enough water?

- It is important to keep your body hydrated to increase functioning.
- The goal for water intake is four 16-ounce bottles of water a day.
- Have you been meeting this goal? If not, try increasing your water intake.
- Here are some ways you can increase your water intake:
 - Set an alarm every hour to drink one cup (8 ounces).
 - Drink one cup before every meal.
 - Drink two cups right before bed.
 - Make a competition with your friends.
 - Add fruit to your water to change it up.



Have I been eating balanced and nutritious meals?

- Eating balanced and nutritious meals is essential for your body to function properly.
- Eating healthy food can lead to more energy, a better immune system, and feeling better throughout the day.
- Here is a list of foods you can try in the morning to boost your energy throughout the day:
 - Almonds
 - Apples
 - Spinach
 - Eggs
 - Avocados
 - Blueberries
 - Cinnamon
 - Olive Oil



Have I had any physical activity lately?

- Physical activity is important for your overall health, which can affect your mental health as well.
- Exercise is shown to help reduce stress, improve focus, and foster relaxation.
 - Physical exercise produces endorphins, chemicals in the brain that impact mood.
 - Stress can affect connections between neurons, and exercise counteracts this by increasing blood flow and creating a surge in protective endorphins.
 - Plan time to exercise into your schedule and prioritize self-care.
- Just make small adjustments in your life to increase your physical activity, for example:
 - Walk instead of driving to class.
 - Take the stairs instead of the elevator.
 - Get some friends together and go on a hike instead of watching TV.
 - Take your dog (or offer to take a friend's dog) and go on a walk on campus or around the neighborhood.
 - Play a game of basketball or soccer.
 - Find what suits you best! Visit the [Leach Recreation Center](#) or [Fitness & Movement Clinic](#) to work out or participate in a Group Fitness program.



Have I gotten any fresh air lately?

- Getting outside and taking in some fresh air is good for your mood and your energy.
- Fresh air also improves your immune system and sharpens your mind.
- Take a walk outside and look around at what FSU has to offer.
- Eat your lunch outside and enjoy the sun.
- Read for class outside and enjoy the breeze.

Have I taken a shower or a bath in the last two days?

- Sometimes when we can't figure what is wrong with us, it is important to take one small step to feeling better. This step can be as simple as taking a shower or bath.
- Personal hygiene is important for overall well-being.
- If you realize it has been a while since you've had any motivation to get out of the bed or leave your room, take a chance to see how you feel after taking a shower or a bath.

Would I like to know more about what is going on with me?

The **University Counseling Center** offers walk-in sessions with a mental health professional to help you figure out how you are feeling and how you can better cope. The University Counseling Center offers a variety of services that may help you:

- **Individual Counseling** – short-term therapy is provided at the center to help students address a variety of concerns and issues.
- **Group Counseling** – Group counseling offers a safe environment in which to give and receive support regarding specific issues, explore healthy behaviors, and develop new ways of coping. It allows an opportunity to learn more about yourself and others in a climate of trust and mutual support.
- **Crisis Intervention** – Students having a crisis may come to the center to see an on-call counselor without an appointment. A plan will be formulated to address the needs of the student. This plan may include scheduling a follow-up intake, and/or a referral for other services. Clinicians are available to assist faculty/staff as well as parents to identify when it is appropriate to refer a student to the counseling center.
- **Referrals** – In your initial interview, a counselor will assess your needs and what services may be most appropriate. Students whose needs cannot be met at the UCC may be referred to other departments or services on campus and/or in the community, as appropriate.



**UNIVERSITY
COUNSELING CENTER**
at Florida State University

Check out their website [here](#).

Could it be a physical problem?

- Sometimes there might be an underlying health issue affecting how you are feeling. It might be helpful to stop by **University Health Services**. University Health Services offers a variety of services that might help you, such as:
 - Clinical Services including: Cold/Flu, Asthma, Sore Throats, Headaches, Stomach/GI Concerns, Allergy, Sprains/Strains, Abrasions, Dehydration, Rashes, Physical/Annual Exams, Immunizations/Flu Shots, Women's Clinic, Physical Therapy, STI Testing, and Psychiatric Clinic
 - Triage Clinic, Same-Day consultation (by phone or walk-in)
 - After Hours Care (**HealthiestYou**)
 - Referral Services – if UHS does not take your insurance or if you don't have insurance, don't worry. They can make referrals to community partners and resources based on what insurance you have, or what you can afford. So don't stress about it! Go see the staff at UHS to get some help. For more information about insurance and fees click [here](#) or call the Insurance Billing Office at **850-644-5453**.
 - Rotating Medical Specialist – Dermatology, Neurology, Allergy, and Psychiatry
 - Lab Services (**Quest Diagnostics**)
 - X-Ray Services, EKG, Ultrasounds
 - Dental Office (**Morgan Dental**)
 - Chiropractor & Massage Therapy (**Wellness Sport & Spine**)
 - For more information about the resources at University Health Services visit [this website](#).



**If you feel like you need more support,
FSU has multiple counseling and support options.**

[View Counseling and Support Options](#)

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