Increase awareness of your thoughts & feelings:
There will always be a running dialogue of self-talk in your head. Cultivate awareness of both positive and negative thoughts, and resulting feelings. Notice that if you question the negative narrative and savor positive elements in your “story,” you gain perspective, energy and confidence to control worry and see options.

Form & Maintain Strong Relationships:
Peers who respect and accept one another can provide support in both good times and bad. Avoid engaging with those who seek competitive “one-upping” conversations or “stress talk.” Get to know faculty, staff and other students who can broaden your perspective, offer guidance, and encourage you when facing new situations.

Cultivate Optimism:
Thinking positively means viewing yourself and your abilities in a favorable light, finding the bright side of a potentially bad situation, and making the most of it. Optimism builds both confidence and hope, which lead to success.

Learn from Experience:
Reflect on what’s working for you and what’s not. Consider the skills and strategies that help you do your best. Adopt a mindset that allows you to grow from all your experiences, including your mistakes or “failures.” These may be your best teachers.

Take Care of Yourself:
Fuel your body & mind by eating nutritious food throughout the day. Aim for 8-9 hours of sleep to boost creativity, critical thinking, concentration & memory. Include 30+ minutes of physical activity every day to enhance mood and release pent up tension, anxiety, or anger.

The key to thriving is balance. Daily stressors deplete inner reserves. Regularly engaging in thought patterns and behaviors that replenish physical, mental and emotional reserves will help you regain balance. When balance is restored you are better able to bounce back from adversity and respond to changing circumstances without falling apart.

Strengthen these skills in order to thrive:
Practice these activities to thrive!


Connect with a variety of people. Cultivate friendship. Be loyal and trustworthy; look for these qualities in others. Speak and listen carefully. Find new ways to deal with conflict. Ask for (and offer) help and support without embarrassment or judgement. Volunteer time to help others.

Express your gratitude every day. Appreciate those who help, nurture, and enrich your life. Keep a gratitude list. Say thank you whenever you can. Spend time with people who make you happy. Share joy and positivity with others.

Get out of your comfort zone. Take reasonable risks and analyze the outcomes. Be open to new options. Be willing to make mistakes or fail and learn from the experience.

Take purposeful breaks. For 15–20 minutes: take a power nap; sing or dance; break a sweat; paint or draw; meet up with a friend; enjoy a snack. Do anything that is fun or relaxing and will restore your energy.

Create digital boundaries. Sleep ‘device-free;’ take a digital fast at least 1 hour a day; eat a meal without digital gadgets.

Where to find experiences to help you thrive:

- Carol Tatkon Center
- Center for Intercultural Dialogue (626 Thurston)
- Cornell Community Centers
- Cornell Minds Matter
- Cornell Outdoor Education
- Cornell United Religious Work (CURW)
- Fitness Centers
- Gannett Health Services
- Identity/Affinity groups (culture, gender, sexual identity)
- Public Service Center

To learn more: www.gannett/cornell.edu/resilience

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