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Resilience: Document of the 2018-2019 University Theme

Winona State University

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Winona State University Theme for 2018-2019: Resilience



2018-19 Theme: Resilience

Resilience is the ability to adapt well and grow when faced with adversity or difficulty. It can be displayed by materials that don't break under pressure, but instead bend or flex. It is shown by strong communities that are inclusive, sustainable, courageous and able to learn and grow from conflict.

For people, it is an essential skill and a mindset for success and well-being in the 21st century.

Winona State University is a community of learners improving our world. By building resilience within our community, we can support and prepare students, staff and faculty for the rigors of academic pursuit, the challenges of an ever-changing employment marketplace and the ups-and-downs of life.

The Resilience Theme will include personal exploration, connections and expression through the arts and community. These experiences will help WSU community members develop strategies and skills to persist through challenges and adversity at the individual and community level.

Alongside WSU campus-wide initiatives, Resilience will be explored and practiced through:

- Encouraging [creative and critical thinking as well as personal and social responsibility](#) (PDF)
- Teaching [best practices for wellness](#)
- Providing [comprehensive programs and services](#) (PDF)

Wellness at Winona State University

At WSU, students, faculty, and staff are encouraged to practice personal wellbeing.

With wellness programs, services and activities right on campus, there are many ways to stay active and engaged as whole, healthy person for a more fulfilling life.

Sleep Well (and Often)

Sleep is a notoriously underrated part of staying healthy, especially on a college campus. Check in on your sleep habits with the [National Sleep Foundation Sleep Questionnaire](#).

Feeling sleepy between classes? Find a perfect spot with the [Nap Map](#) and catch a quick snooze.

Become Resilient

Every day brings constant change—sometimes for the good, and sometimes bad. Being resilient helps you adapt to and overcome life's challenges.

Learn about how to build up your [resilience](#).

Opportunities for Faculty & Staff

Take advantage of fitness classes and a walking track during your lunch hour.

WSU faculty and staff also have access to IWC memberships, community challenges and many more [wellness opportunities](#).

Explore Dimensions of Wellness

Wellness is more than just keeping physically healthy. Like most aspects of life, wellness is a layered practice that touches on social relationships, understanding emotions, workplace satisfaction and more.

Explore the seven dimensions of wellness.

Intellectual

Intellectual wellness encourages creativity and stimulating mental activity which keeps us better fit for the world.

Being a life long learner, asking questions to get the most out of classes and education, being open to new ideas, learning new skills and studying effectively helps to keep us attuned to the world around us.

Intellectual Resources

- [Advising Services](#)
- [Tutoring Services](#)
- [Access Services](#)
- [Darrell W. Krueger Library](#)
- [Writing Center](#)
- [Academic Clubs & Organizations](#)
- [Health Promotion Services](#)

- [Rochester Public Library](#)
- [Winona Public Library](#)
- [Live Well Winona](#)
- [National Child Protection Training Center](#)
- [Office of Equity & Inclusive Excellence](#)

Spiritual

Spiritual wellness includes having a set of guiding beliefs, principles, or values that give meaning and purpose to life and is an important part of one's character.

Possessing the capacity to love, have compassion for others and leading a life that is in harmony with oneself and others helps you to live a better life as well as improving the lives of those around you.

Spiritual Resources

- [Faith Based Clubs & Organizations](#)
- [Franciscan Spirituality Center](#)
- [Rest Stop Massage](#)
- Nouveau Salon
 - 63 East 3rd Street, Winona, MN
 - 507.457.3452
- [Mandala Center for Wellness](#)
- [Jeanne Handke, Massage Therapy](#)
- [Massage Therapy at WSU](#)
- [WSU Fitness Classes](#) (Yoga)
- [Winona Yoga Center](#) (Yoga & Pilates)

Emotional

Emotional wellness involves having high self-esteem, confidence, satisfying relationships, a support network and staying optimistic and enthusiastic about life.

The key to living a healthy lifestyle often involves accepting one's feelings, which helps us to understand more about others and ourselves.

Emotional Resources

- [Counseling Services](#)
- [Health Services](#)
- [Hiawatha Valley Mental Health](#)
- [Advocacy Center of Winona](#)
- [Intramurals](#)
- [Fitness Center](#)
- [Winona Parks & Recreation](#)
- [Rochester Parks & Recreation](#)
- [National Child Protection Training Center](#)
- [Office of Equity & Inclusive Excellence](#)

Environmental

Environmental wellness engages learning and contributing to the health of the planet and a sustainable lifestyle.

Recognizing our responsibility for the quality of the air, water, and the land is a major step to creating a better world.

Making a positive impact on our environment, be it our homes, our communities or our planet contributes to healthy balance in life.

Environmental Resources

- [Environmental Club](#)
- [Habitat for Humanity](#)
- [Outdoor Education & Recreation Center](#)

Social

Social wellness is comprised of having a supportive social network, contributing to society, valuing cultural diversity and having positive interactions with those around you.

Social wellness keeps us happy, healthy and points toward the right directions in life.

Social Resources

- [Student Clubs & Organizations](#)
- [Outdoor Education & Recreation Center](#)
- [Health & Wellness Promotion](#)

- [Intramurals](#)
- [Winona Parks & Recreation](#)
- [Rochester Parks & Recreation](#)
- [Live Well Winona](#)
- [Office of Equity & Inclusive Excellence](#)
- [Warrior Athletics](#)

Occupational

Occupational wellness includes finding personal fulfillment and satisfaction from our chosen career fields or life goals while maintaining balance in our lives.

Positively impacting the organizations we work in and society as a whole through our careers helps ourselves and improves the lives of others.

Occupational Resources

- [Career Services](#)
- [Counseling & Wellness Services](#)
- [Financial Aid Services](#)
- [Young Professionals](#)
- [Women In Business](#)
- [Winona Toastmasters](#)

Physical

The seven dimensions of wellness and their concepts, as a framework, emphasize wellness in a multi-dimensional way in order to meet the needs of multi-dimensional learners.

Physical wellness is achieved by eating well, exercising, avoiding harmful habits, getting enough sleep, recognizing the signs of disease, getting regular physical exams and taking steps to prevent injury.

Physical Resources

- [Fitness Center](#)
- [Intramurals](#)
- [Health & Wellness Services](#)
- [Chartwells Dining Services](#)
- [Sport Clubs](#)
- [Outdoor Education & Recreation Center](#)
- [Winona Parks & Recreation](#)
- [Rochester Parks & Recreation](#)
- [Warrior Athletics](#)

Note: The information below was linked to via the 2018-2019 theme page.

Building Resilience

Resilience is the ability to successfully adapt to stressors and adversity. It's the ability to "bounce back" and grow from difficult experiences. It is a [myth](#) that resilience is a trait that people just either have or don't have. It involves feelings, thoughts and behaviors that can be learned and developed in everyone.

Resilience is about being adaptable. It's about being flexible. It's about recognizing that you've got strengths that perhaps you never knew you had until you have to use them. And like many things in life - the more you learn and the more you [practice those skills](#), then the more resilient you become.

Resilience Toolkit

Resilience is required in all aspects of life from understanding yourself and your goals, building personal relationships with friends and families to finding common ground with people you disagree with.

This resilience toolkit provides reflections, exercises, videos, and materials you can use to develop the ability to bounce back in the face of stressful situations and inevitable setbacks.

Trying to take in, and work on, everything this site has to offer may seem overwhelming. You may find it helpful to start by just perusing this site and its contents to seeing what it is all about.

Share it and talk about it with others. Then, find the right place for you to start your own work to become more resilient.

Don't try to change everything at once. Start with something that pertains to an area you want to work on, and follow the suggestions found on this site to see what works best for you to get the results you want.

Allow yourself to experiment with these ideas, practice the skills and actions suggested, and learn what works for you through trial-and-error.

Take a look-- see what you can do to help yourself and others thrive amid life's challenges.

Enjoy your journey of becoming a more resilient you.

10 Practices for Building Resilience

1. [Realize Your Meaning & Purpose](#) --understand your goals and sense of direction
2. [Engage with Others](#) -- learn how interactions with others can help you navigate difficult times
3. [Self-Care](#) --take care of yourself as part of a balanced lifestyle
4. [Identify Possibilities](#) --understand all your options when making choices
5. [Learn](#) -- learn from adversity so it will help guide you in growth
6. [Identify Strengths & Values](#) --know the abilities and beliefs that make you unique
7. [Emotional Management](#) --develop the ability to recognize and use your emotions appropriately
8. [Navigate Resources](#) --find resources and ask for help when needed
9. [Create a Resilient Mindset](#) --react to adversity and navigate difficult times
10. [Expand Your Perspective](#) --see others' viewpoints and ways to react to situations

Note: The information in this document was compiled directly from the Winona State University (WSU) Theme website, July 2021.