My Experience in BHS 155

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Resiliency Skills
Positive Psychological Strengths: Gratitude and Optimism

- **Optimism**: The belief that circumstances can change and things will get better
  - Provides confidence in your ability to change situations realistically

- **Gratitude**: The ability to consciously focus on the good things in your life
  - Increases your appreciation for life

- **Application**
  - Gratitude journal
  - Remind yourself to focus on the positive rather than the negative
Purpose and Meaning

- A sense of purpose provides motivation to continue working towards your goals.
- Knowing you’re apart of something bigger than yourself generates humility and keeps the adversity from appearing too big to handle.
- Application:
  1. Find your purpose
     - Your reason for doing what you’re doing
  2. Don’t let yourself forget it!
Self-Regulation

● Emotional Regulation: the ability to balance emotions by containing negative emotions and calling upon positive ones

● Keeps you calm under pressure

● Keeps your mind focused

● Application:
  ○ Breathing techniques
  ○ Relaxation
  ○ Meditation
Advice
Advice to Future Students

- Practice what you’re learning

- As a behavioral health student I reminded myself that “I am my first patient”
  - Changed my outlook for the better