



Remote Learning Ready



UPDATE 7



ST JOSEPH'S
COLLEGE MILDURA

Welcome Back

This week our VCE and VCAL students returned to face to face learning, while our remaining students have one week of remote learning to go. While this has been a challenging period for everyone (students, staff, parents and the community), we encourage you to take a moment to reflect on the amazing resilience you have displayed and how you have faced these challenges and adapted to a new learning environment. The last two months have seen unprecedented disruption, with people needing to adjust in ways that we could never have anticipated.

So, what does resilience mean?

Resilience doesn't mean being happy or positive all the time, but rather being able to get up once life has knocked us around. It might refer to the ability to change our lifestyles to accommodate being locked down for two months, or to find comfort and satisfaction in the small parts of the day that are enjoyable, in amongst the challenges of remote learning and working from home.

You'll need time to bounce back

When thinking about resilience, it is also good to remember that, the more losses we've experienced, the harder it is to be resilient and flexible - so while the advice below will be useful, it is also okay to take some time to process losses or change before trying to bounce back!

With this in mind, here are a couple of tips for increasing resilience in the next few months, and also for the future.

1. Growth Mindset

When we take a growth mindset, we can look at setbacks and challenges as learning experiences. For example, if you ate an entire packet of Tim Tams in one sitting, it's probably not useful to beat yourself up about it. Taking a growth mindset, you can consider what you've learned from the situation and modify your behaviour next time. Growth mindset will be useful for everyone in the next few months, as we adjust to life returning to a new normal - since there will be change and new things, which can bring stress and adjustment.



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A big part of resilience is the ability to recognise that we are in charge of our own happiness and reactions to things - so the more we can make sure we are focusing on learning, rather than blaming, the better we will fare.

2. Radical Acceptance

This is another great tool that helps us to foster resilience. Radical acceptance encourages us to accept reality as it is - whatever life has thrown at us. A lot of the time we can get caught up with wondering, talking, complaining, discussing, why something has happened, or blaming others or ourselves for things that have happened. This is a normal human response - we do need to process things that have happened and have a reason for them.

The issue is that many of us become 'stuck' in this and it can obscure what is really important - which is how we deal with something. If we can practice radical acceptance, it means we can put aside all of our wondering 'why' and 'how did this happen to me?', and instead focus all of our energy on figuring out how to deal with it. Radical acceptance is used a lot in chronic disease management, where people who are living with a disease are encouraged to accept the condition and focus on what they can control - what actions they can take to improve the quality of their lives and make their day to day as rich and fulfilling as possible.

Radical acceptance encourages us to be resilient because it focuses all of our attention on what we can do in a situation - and gives us a clear direction to head in.

Hopefully these tips will help to foster resilience in the next few months - but remember, even just getting up each morning and trying to do things better than the day before is a step in the right direction. It is normal to struggle in uncertain times, and everyone is fighting their own battle - the good thing to remember is that finding ways of looking at things a bit differently, and being kind to yourself, is going to make a big difference in your psychological wellbeing over the coming months.

Briony Leo – Body and Soul