

# How to Bounce Back

## Growing Your Resilience

### ● UF Resources

**Counseling and Wellness Center**  
*(352) 392-1575 (24/7 phone support)*

**U Matter We Care**  
*(352) 294-2273*

**Student Health Care Center**  
*(352) 392-1161*

**GatorWell Health Promotion Services**  
*(352) 273-4450*

**University Police Department**  
*(352) 392-1111*

**Office of Victim Services**  
*(352) 392-5648*

### ● Community Resources

**Alachua County Crisis Center**  
*(352) 264-6789 – 24/7 phone support*

**Gainesville Police Department &  
Alachua County Sheriff - 911**

# Grow your resilience with these tips:

- **Be kind to yourself**  
Give yourself permission to feel a wide range of emotions, both good and bad, and let go of high self-expectations.
- **Do what you need**  
Let go of what you think you should be doing. Allow yourself to do something that brings you joy.
- **Listen to your body**  
If you need to move around to release energy or you get an urge to cry out, go ahead.
- **Unplug**  
Take a break from constantly browsing social media.
- **Get support, talk it out!**  
Speak your mind with someone you can trust.
- **Practice stress reduction**  
Try deep breathing or meditation.
- **Engage in meaningful practices**  
Prayer, music, art, acts of generosity or being in the nature can make a difference.
- **Take care of your body**  
Get enough sleep, eat well, drink plenty of water, and exercise. Avoid alcohol and other drugs.
- **Use old strategies**  
You are resilient. Use the strategies that helped before.

## Online Resources for Help & Information

**University of Florida** (check regularly for important updates)

[ufl.edu](http://ufl.edu)

**American Psychological Association**

[apa.org/helpcenter](http://apa.org/helpcenter)

**American Red Cross**

[redcross.org/services/disaster](http://redcross.org/services/disaster)

**Centers for Disease Control & Prevention**

[cdc.gov/disasters](http://cdc.gov/disasters)

**Lifeline Crisis Chat**

<http://bit.ly/2fxqlCu>



[counseling.ufl.edu](http://counseling.ufl.edu)



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