Student Wellness Wednesday Tip: March 6, 2019

Cultivate Perseverance

Wellness Wednesday Tip: Cultivate Perseverance

Third quarter is sometimes difficult for students as the end of the year is in sight but not quite here yet. With another round of deadlines and finals coming up next week, this is the time when perseverance is most needed. Webster’s definition of perseverance is *continued effort to do or achieve something despite difficulties, failure, or opposition*. Below are some ways to inspire a sense of perseverance for your personal/academic journey:

1. Find a quote that speaks to you and write it where you can see it throughout the day. For ideas, here’s a [link to 50 quotes](#) on perseverance.

2. Perseverance is connected to having clear goals. Without a roadmap, it may be difficult to navigate your personal landscape. Consider starting your day with 15-30 minutes of self-reflection and asking yourself, who am I today (a student, TA, parent, partner, etc) and what do I want out of this day for each aspect of myself? Set daily goals based on your answers to each of those questions.

3. Ask yourself, “What did I do right today?” According to an [article on perseverance](#) related to lower depressive symptoms, the ability to persevere has a connection to positive self-perception and self-esteem. Given this, it may be worth taking time at the end of the day to consider and celebrate your successes.

4. Redefine success. Success is not always tied to the external applause or recognition of large accomplishments. Success varies by person and context. For students with depression, getting up and showing up are huge successes. For another student, speaking up or completing an overdue assignment may be their version of success. Learn to define what success means for you and then celebrate.

*"Perseverance is not a long race; it is many short races one after another."* Walter Elliott
Upcoming Events

1. **A Scientist’s Primer on Depression, March 13, 4:30 pm, Sheldon Hall:** JHSAP is thrilled to announce a partnership with the JHSPH Mental Health Department to expand its mission of reducing stigma and increasing awareness about mental health. Exactly one month prior to the annual Out of the Darkness Walk (jhsap.org/events), Dr. Wendy Ingram, PhD will present an academic lecture in honor of two of her PhD colleagues she lost to depression and suicide. Her evidence-based lecture will highlight the underlying biological components of depression and the staggering statistics of the mental health crisis in the graduate student population. Participants are invited to share their perspectives [here](#) and will be encouraged to reflect on their own experiences and biases in an effort to increase awareness and access to treatment and support. This talk is for anyone who has struggled with their mental health or had thoughts of suicide; anyone who has cared about someone who has struggled with their mental health or had thoughts of suicide; or anyone who is interested in understanding the biological mechanisms and latest research on depression (*i.e.*, this talk is for EVERYONE). Faculty, staff, and students welcomed. Your feedback will help shape this lecture and discussion! We ask that you take just two minutes to complete this **anonymous survey** prior to March 12th, 2019.

2. **March Diversity and Inclusion Events:** Check out the wonderful cultural/educational events happening at East Baltimore, Homewood, and in the community focused on Women’s History Month, healthcare equity, and more! View the latest [Office of Diversity and Inclusion Newsletter](#).

*With Warm Wishes for Wellness and Success, Jessica & Shekeitha, and Kevin*

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