

Mental Health and Building Resiliency in Students

Discussion Questions

Mental health is a growing challenge in the nation, in Utah, and in the BYU community—pre-pandemic and also further exacerbated by the pandemic. Helping young adults learn resilient behavior can provide an important coping mechanism for the challenges of life. From your experience in life, industry, the workplace, church, and other environments, what can we do to improve and accommodate mental health challenges and build resiliency?

More specifically:

- What are ways to recognize and accommodate mental health challenges?
- What mental health challenges do you see young adults and BYU students struggle with?
- What can/should the college do to help?
- What resources are offered in the workplace?
- How does a sense of belonging contribute to mental well-being? What are your thoughts on how to create belonging?
- What is resilience, and what is it not?
- How is resiliency needed in the workplace?
- Can lessons of resilience be built into the internship experience?
- How do you balance the need for resilience while still offering a soft landing, or vice versa?