INT’L CONSTITUENTS: RESILIENCE DURING COVID

The Dashew Center administered a survey to international students, scholars, and employees beginning April 3, 2020 and ending April 14, 2020 to understand 1) international student needs during the university’s move to online learning, services, and programs, and 2) the impact of COVID-19 on their UCLA experience. This data snapshot summarizes responses to the following open-ended question on the survey.

**Question of Interest:** One definition of resilience is: an ability to recover from or adjust easily to misfortune or change. Please tell us about any anecdotes of resilience. What ways have you come up with to support your physical and mental health during this unprecedented time?

697 international constituents responded to this question with 952 different types of responses within three themes. The three themes include:

- Building healthy habits (360 respondents or 52% of all respondents)
- Participating in activities and self-help (244 respondents or 35% of all respondents)
- Getting support from others (213 respondents or 31% of all respondents)

**Building Healthy Habits**
Within the building health habits theme, international constituents mentioned different ways they came up to support their physical and mental health such as exercise, positive thoughts, building a daily routine, and meditating. Representative quotes include:

- Always look at the bright side -- this difficult transition to remote learning will open many possibilities in the future of virtual gatherings, potentially benefiting the disabilities and those who cannot afford to be physically present.
- ... writ[ing] down my experiences [when] alone. Now I’m back home so I don’t need to worry much, but for those who are still in the US, taking sometime to quietly reflect on our experiences in these recent months can really calm yourself down and ease your anxiety.
- As difficult as this time is, I try to think of the positives that have come from it. I try to name 3 things each day that made me smile. However small, it programs your mind to look for the positives.
- Creating routines for work, taking care of my hygiene, working out from home regularly, ...[and] reducing my exposure to news
- I have been trying to keep physically fit and finding ways to keep active every day and not stay crammed up in my room. A key factor in depression is the lack of sun and lack of cardiovascular exercise and I try to mitigate depression by being outside and staying fit.
- I started doing a lot of home workouts, yoga, eat healthily, go on walks (maintaining social distancing guidelines). I read and try to stay off digital devices when I can. And I try to be outside whenever I can.

**Participating in Activities and Self-help**
Within the activities and self-help theme, respondents reported different ways they came up to support their physical and mental health such as enjoying being alone and keeping busy with work, school, hobbies, or other activities such as baking, cooking, learning new things, and playing games. Representative quotes include:

- I am trying to ... learn new things in my free time such as cooking, reading more, etc.
- I watch YouTube and sometimes sing and dance in front of the mirror....
- Doing sport[s] at home, studying, watching Netflix, learning new things (Spanish, cooking)...
- I am taking this opportunity of being quarantined ... to spend more time studying, reflecting on myself, working on my hobbies, and taking care of my health.
INT’L CONSTITUENTS: RESILIENCE DURING COVID

- I bake. When I feel down and have nothing to do I end up baking for my family. I also try my best to give it my all in all my classes to distract myself. I have 5 ams every Friday and I plan to never miss it.
- I have been spending time off of my screens and trying to do things to keep myself busy and mentally stable such as painting and playing piano.

Getting Support from Others
Within the getting support from others theme, respondents reported different ways they came up to support their physical and mental health such as staying connected with family and friends and using online resources, and other ways to get adapted to the situation. Representative quotes include:

- Laughter is always good for easing things in times of crisis, so I find talking to friends and joking about the absurdity of current circumstances helpful to my mental well-being.
- ...I try to call my family and friends every day. Taking with someone is good for mental health.
- Communicating with friends and family during this stressful time is the best way to maintain some semblance of normalcy in an otherwise unprecedented situation. I have been spending time nurturing present and past relationships during this period of lockdown.
- I am lucky to be staying with 4 other roommates so even in this lockdown situation we have moral support from each other. We do a lot of fun activities at home together and spend time together which helps us keep our mental and physical health good.
- I have tried to contact my family in Japan as much as I can. I’m very lonely and anxious alone. I´m in constant communication with friends, colleagues, and, most of all, loved ones trough virtual gatherings and meetings.
- Staying close with family and friends; making plans for the day, the week, and the quarter; enjoying online interactions with the professors....