

Building your resilience



Knowing



Doing



Being

Building your resilience



Knowing

‘Resilience’ has many different definitions and means lots of different things to different people

It can encompass a range of territory (all of which mean very different things to every individual person)

- coping, managing, dealing with (pressure, adversity, others, situations, reality, grief, change)
- adapting or changing (to external or internal stimulus or events)
- understanding your individual stresses (depending on your preferences, personality, life experiences, values and beliefs)

The current challenging context, environment, reality and different perspectives is really important to consider in relation to resilience

Doing



Exploring or recognizing what resilience’ means to you as an individual (recovering, weathering, adapting)

Investigating what can you do to develop resilience in yourself

- raise your awareness of what you could do (asking yourself some key questions and plan actions you might strive to take)

Understanding what helps you to be your best and what stops you being your best (or even more importantly, alternatively what is ‘good enough for now’)

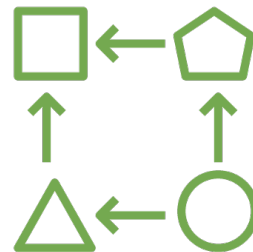
Being



Planning actions for healthy striving

- thinking about self-regulation techniques
- remembering what has worked before and of what will work for you now

Doing



Strengths, confidence and efficacy



Your responses

Your actions

What are your strengths and how do you use them?



When do you feel most confident?



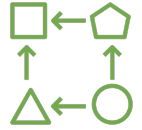
What makes you happy and how can you spend more time focusing on this?



On a scale of 0 to 10, how effective do you feel and what could you do to make a small change?



Adaptability and influence



Your responses

Your actions

What do you need to adapt to or to influence?



What are you concerned about?



What do you have some influence over?



What are you able to control or manage?



What choices do you have?



What are the consequences of action or doing nothing?



Social support and belonging



Your responses

Your actions

Who do you trust and who makes you feel safe and secure?



Blank space for response



Blank space for action

Who can you ask for emotional support and help?



Blank space for response



Blank space for action

Who are the people and activities that provide you with social support?



Blank space for response



Blank space for action

What small steps could you make to connect with others?



Blank space for response



Blank space for action

Meaning and purpose



Your responses

Your actions

What engages and satisfies you (what makes you happy)?



What and who do you really care about?



What is important and what do you value?



What gives you meaning and purpose?



What activities energise and motivate you?



Being



Self regulate



Your responses

Your actions

What are your personal stress levels and what might make you 'not ok?'



Empty response box for the first question.



Empty action box for the first question.

Who or what helps soothe you?



Empty response box for the second question.



Empty action box for the second question.

How easily are you able to switch off?



Empty response box for the third question.



Empty action box for the third question.

What helps you take time to breathe and relax?



Empty response box for the fourth question.



Empty action box for the fourth question.

Trust yourself



Your responses

Your actions

What has worked for you in the past?



Empty response box for 'What has worked for you in the past?'



Empty action box for 'What has worked for you in the past?'

What key messages would you like to take forward?



Empty response box for 'What key messages would you like to take forward?'



Empty action box for 'What key messages would you like to take forward?'