

Resilience Building Plan Worksheet

Create a plan for yourself and practice these skills. You do not have to do them all perfectly - be open to learning from the process.

1. Recognise Your Signs of Stress

- a. Where do you feel it in your body?
- b. What is your “stress signature”?

2. Build Physical Resilience

- a. Make small changes to improve health (better sleep, nutrition, hydration, exercise) and tell someone you what you are doing.

One change I would like to make: _____

Who I'll tell about it: _____

3. Identify Relaxation Strategies

- a. Activities at home that help me relax:
- b. Activities at work that help me relax:
- c. Try out relaxation strategies and ways to be more present:
 - i. mindfulness meditation (see apps like www.headspace.com)
 - ii. self-soothe by doing something comforting related to 1 of the 5 senses;

- 1. Tactile (hold something soft/comforting/grounding)
- 2. Smell (lavender, fresh air)
- 3. Visual (happy photos, look out window at trees)
- 4. Auditory (music, sounds of nature)
- 5. Taste (tea, chocolate)

4. Use Your Strengths

Describe a time that you were able to overcome or handle a major challenge in your life.

- a. What did you learn about yourself?
- b. What personal strength(s) did you draw upon?
- c. How might you apply this strength now?

5. Improve Positive Emotions Daily

- a. Seek out sources of joy, humour
- b. Write a gratitude letter or journal
- c. Make a list of your accomplishments

6. Engage in Meaningful Activities

- a. Regularly take time to think about what happened in your day that was meaningful.
- b. What are those activities/moments?

7. Counter Unhelpful Thinking

- a. Write down what you are thinking about when stressed and then ask:
 - i. What is the worst that could happen AND could I survive it?
 - ii. Best that could happen? Most likely?
 - iii. What would I tell a friend in similar situation?
- b. If you can't stop thinking about a situation, write about it a couple of times over 4 weeks (for about 15 minutes each time) and see how your story changes/becomes clearer.
- c. If you are being hard on yourself, practice self-compassion
- d. Remember what a hero/coach/mentor said to you that encouraged you - especially when you are doubting yourself (post it somewhere)

8. Create a Caring Community

- a. Connect daily
- b. Identify your sources of support
 - i. Work _____
 - ii. Community_____
- c. Practice good communication/conflict resolution skills (Don't put off having difficult conversations)