

BUILDING RESILIENCE

Resilience is our ability to thrive, adapt, and cope despite tough and stressful times.

Resilience is built through intentional* activities that promote connection to:

SELF
OTHERS
COPING SKILLS



SELF:

- Identifying and exploring strengths, interests, hobbies, career, culture
- Discovering belief in self through trying new things
- Developing a sense of purpose
- Exploring physical activities

OTHERS:

- Developing supportive, healthy relationships and a sense of belonging
- Being involved in clubs, groups or other team efforts
- Volunteering or service

COPING SKILLS:

- Learning how to care for self and others
- Practicing and using effective skills that promote healthy living
- Asking for help when needed

**Intentional: Choosing activities based on the needs, interests and/or strengths of the individual.*

Reflect:

Reflect on your own resilience.

1. How are you resilient?
2. What is an example of a time that you went through a difficult thing and got through it?
3. What skills did you use to get through it?
4. Who did you lean on?
5. Who has helped build your resilience?
6. How did they help you build your resilience? How did they make you feel safe & secure?
7. What did they teach you about being flexible and resilient?
8. What is it like to reflect on your resilience and resilience building relationships?



Challenge:

Share your reflections with someone you trust.

Bonus Challenge:

Bonus challenge: If you can, let the person who helped build your resilience know about the impact they had on you. Can you write them a letter? Give them a call? If reaching out is not possible, how can you express your gratitude towards them?