

Got Resilience?

Resilience is our capacity to draw on inner strength to help us rebound from stressful or traumatic events. It is a powerful tool that anyone can cultivate with practice. The 4 key building blocks of resilience are 1) healthy thinking, 2) connections, 3) wellness, and 4) purpose.

Activity

Complete the four boxes to help cultivate the four building blocks of resilience.



Healthy Thinking

Think about the ways you have overcome hardships in the past. Write down three skills you used then that you can employ now.

- 1)
- 2)
- 3)

Connections

Write down three people you can reach out to for social or emotional support in the next 48 hours, should you need it.

- 1)
- 2)
- 3)

Wellness

Write down three self-care and healthy practices you will incorporate into your life this week.

- 1)
- 2)
- 3)

Purpose

Identify one thing that gives you a sense of purpose and two things that you will commit to over the next two weeks that will help you fulfill your purpose.

- 1)
- 2)
- 3)