Resilience Worksheet

This worksheet is designed to help you cultivate resilience by walking you through this four-step approach\*. The goal is to end up with practical lists that you can turn to during challenging times. Take your time to think through each step and feel free to revise your lists as you grow and learn.

| **Step 1:Positive Actions** A go-to list of activities that help you regain emotional balance. *How to Apply* Create a list of activities—like taking a walk, reading, or engaging in a hobby—that you can turn to when feeling distressed. Consider including activities that are easily accessible and require varying levels of time and effort. |  |
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| **Step 2: Supportive People** A list of people you can rely on for emotional support or distraction. *How to Apply* Identify friends, family, or mentors you can reach out to in challenging times. Think about the different kinds of support each person offers, such as emotional, practical, spiritual, or motivational. |  |
| **Step 3: Positive Self-Talk** Statements to reaffirm your self-worth and capabilities. *How to Apply* Write down affirmations or quotes that uplift you and refer to them when feeling down. Choose statements that resonate with you and reflect your personal beliefs and values. |  |
| **Step 4: Things to Avoid** Identifying triggers or situations that negatively affect your emotional state. *How to Apply* Make a list of situations, people, or activities to avoid during a challenging period. Think about potential triggers or stressors that could throw you off balance and how you can mitigate them. |  |