

A ONE GOOD* DAY GUIDE TO...

Resilience

Use this tool to take some time out to reflect on building resilience and navigating life's challenges. Keep it somewhere visible and refer to it often.

REFLECT

Start by reflecting on some of the challenges you've faced in the past, and how you coped with them. Write down some of the strategies, personal strengths and resources that have helped you build resilience.

Think about your current strengths, resources, and support network. Write down the people, activities, and other resources that help you feel resilient and strong.

Identify one or two areas where you'd like to build more resilience. This could be a particular challenge you're facing right now, or an area where you'd like to grow and develop.

GOALS

Write down specific goals and actions for building resilience. This could include trying a new coping strategy, connecting with a friend or family member, or practicing self-care activities like exercise, mindfulness, or relaxation.

Goal 1:

Goal 2:

Goal 3:

REMEMBER

- ☐ Resilience isn't about never getting knocked down, it's about taking a moment to gather yourself and getting back up and ready faster and more consistently over time.
- ☐ Celebrate your progress and adjust your goals and action steps as needed.
- ☐ We all have and show resilience, remember to congratulate yourself and show yourself gratitude for the challenges you have faced and faced another day!

