

## Skills & Strategies to Realize the Resilient Life\*

### Practice Worksheet 1: *OVERVIEW*



(Model of Resilience)

#### RECAP: Key Learning Points

1. Understand resilience: An ongoing dynamic process that involves coping effectively with, and adapting to, life's challenges.
2. Build resilience by strengthening your protective factors: coping strategies, acceptance, meaning, social support, cognitive flexibility.
3. Discover your early warning signs of low resilience to top up your protective factors and engage your resilience building strategies.
4. Engage with the Resilience READY Resource Library, a place with learning tools and activities to help you create your Personal Plan: An individually tailored action guide to be more resilient.
5. Realize no matter how much knowledge is gained in becoming more resilient, it is the *practice* that will count. Research reveals people who complete learning activities make better progress than those who don't. Resilience building activities are introduced in the videos. You then need to practice these skills in everyday life now, so you have the strategies ready when you need them.

#### REFLECT: What Pertinent Points Resonated with You?

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## RESILIENCE-BUILDING ACTIVITIES

**RECORD:** What You Know & Discover About Yourself

### Early warning signs of low resilience

1. Write down your personal signs of low resilience in each area of the Model of Resilience.

- **Thinking:** Thoughts and self-talk in your head. The things you say to yourself.

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- **Feeling:** Emotions. Physical sensations. Bodily reactions.

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- **Doing:** Actions. Behaviors.

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- **Being:** Meaning in life. Values. Life goals/directions. Awareness of now.

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- **Relating:** Interactions with others. Connectedness. Social networks. Ability to relate to other people.

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2. When you are less resilient?

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3. What happens with your thoughts, feelings, actions, being, and relationships with others when experiencing low resilience?

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### REHEARSE: Practice Recognizing Your Moments of Low Resilience

Over the next week, note your moments of low resilience in real time. The goal is to understand how often you currently experience low resilience.

<u>Date</u>	<u>Time</u>	<u>Place</u>
Sunday	_____	_____
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____

***By completing the “READY” resilience-building activities in each of the 8-part video series worksheets, you will develop an individualized Resilience Action Plan that suits your personal style and helps you be ready for life's challenges.***

*People grow through experience if they meet life honestly and courageously. This is how character is built.*

- Eleanor Roosevelt

*The world is full of suffering; it is also full of overcoming it.*

- Helen Keller

*The best way out is always through.*

- Robert Frost