



BUILDING RESILIENCE

Work Sheet 1

When starting to build resilience, it can be useful to think back to a difficult time when you had to overcome a challenge (or several challenges). Reflect on what the challenge was, how you overcame it, and how you felt as a result.

Describe the situation:

What was most stressful or difficult about it?

How did you overcome the challenge?

What kind of resources and support did you need?

How did you feel when you had overcome this challenge? For example, did you feel stronger, more capable, more confident in your ability to cope?

Next, reflect on whether or not you could have responded to the challenge in a different or more helpful way. Perhaps you did not seek support as soon as you could have done, or tried to avoid dealing with the problem. Learning from past experiences helps us to grow, so reflect on the following questions:

Could I have responded to the challenge differently?

Were there resources or forms of support that would have helped me, but I didn't access?

What would I like to do instead if I face a similar challenge in the future?

What skills might I need to develop to help me do so?