



CULTIVATING RESILIENCE

*A resource from the
Educational
Services
Department*

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WHAT DOES RESILIENCE MEAN TO ME?

SEEDS OF RESILIENCE

belonging

perspective

acceptance

hope

humour

WHAT DOES YOUR RESILIENCE NETWORK LOOK LIKE?

Use the prompts below and identify the different ways that you are resilient. Think about it in terms of a person, activity, or something that is important to you.

- _____ understands me
- _____ transports me from my troubles
- _____ comforts me
- _____ listens to me
- _____ is my safe space
- _____ exposes me to new ideas
- _____ inspires me
- _____ gives me useful criticism
- _____ makes me laugh
- _____ gives me a sense of belonging
- _____ is an activity I enjoy
- _____ challenges me in a good way
- _____ is my motivation
- _____ keeps me optimistic
- _____ gives me a sense of autonomy
- _____ calms my mind
- _____ gives me hope
- _____ restores my sense of balance
- _____ is something I can do right now for myself

REFLECTION POND

Refer to the prompts on the previous page and identify a few key parts that make up your resilience network. Create a picture of your network by using the graphic below.



REFLECTION POND

What are the things that I get to do this week?

REFLECTION POND

What are my strengths?

What are my vulnerabilities?

REFLECTION POND

What do I find challenging today that I hope to overcome?

REFLECTION POND

In what ways did I need to be resilient today?

REFLECTION POND

What are my goals and how can I meet them?

A FEW RESOURCES YOU MAY FIND USEFUL

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