CULT VATING RESIL ENCE

A resource from the Educational Services Department

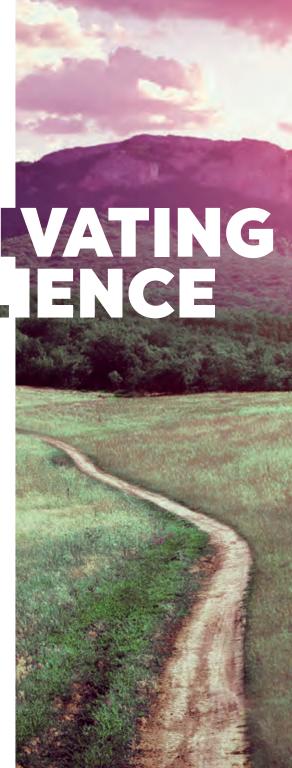


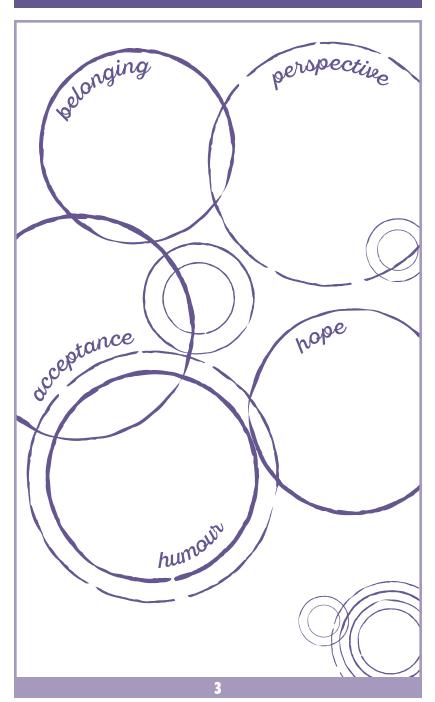


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WHAT DOES RESILIENCE MEAN TO ME?

SEEDS OF RESILIENCE

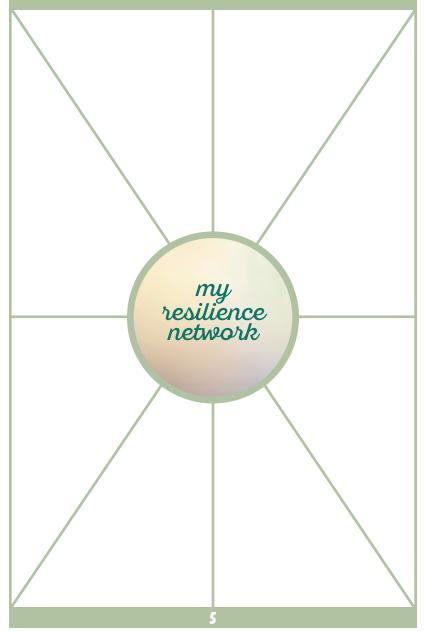


WHAT DOES YOUR RESILIENCE NETWORK LOOK LIKE?

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

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.



What are the things that I get to do this week?	
6	

What are my strengths?	What are my vulnerabilities?
7	

What do I find challenging today that I hope to overcome?	
8	

ı	n what ways did I need to be resilient today?	
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What are my goals and how can I meet them?
10

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A FEW RESOURCES YOU MAY FIND USEFUL

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