Cultivating Resilience

A resource from the Educational Services Department
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SEEDS OF RESILIENCE

belonging

perspective

acceptance

humour

hope
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?
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**What do I find challenging today that I hope to overcome?**
In what ways did I need to be resilient today?
What are my goals and how can I meet them?
A FEW RESOURCES YOU MAY FIND USEFUL


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