

Building Resiliency

If I am more resilient, I will be :

Recovery Strategies

Physical /Behavioural:

Psychological/Emotional:

Social:

Intellectual

Ideas for improving my ability to bounce back:



Renewal

1. What do I enjoy doing?
2. What do I get enthusiastic about?
3. What would I like to do that I keep putting off?
4. Who do I enjoy sharing experiences with?
5. What positive aspects of my life am I ignoring?
6. Which of my core values do I need to give more attention to?

