BUILDING RESILIENCE

the heart of wellbeing



WORKBOOK

THE 7 C'S OF RESILIENCE

Resilience is at the very heart of wellbeing

Competence — to be noticed & celebrated

Confidence — to believe in my capabilities

Connection — to know I am not alone & I have support

Character — to know I have a moral compass & I can make good choices

Contribution — to know that I matter & I can make a difference to the world

Control — to know I can learn to control my thoughts & behaviour

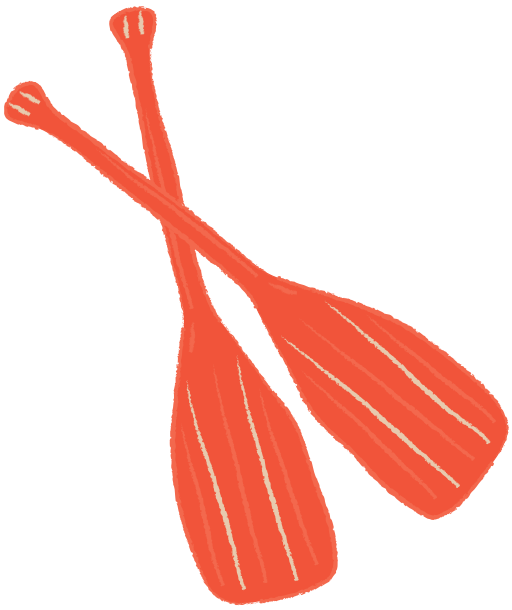
Coping Skills — to know I can develop the tools to overcome challenges

MY RESILIENCY BOAT





WHAT FEELING AM I EXPERIENCING?



WHAT ARE MY STRENGTHS?



WHAT MAKES ME FEEL SAFE?



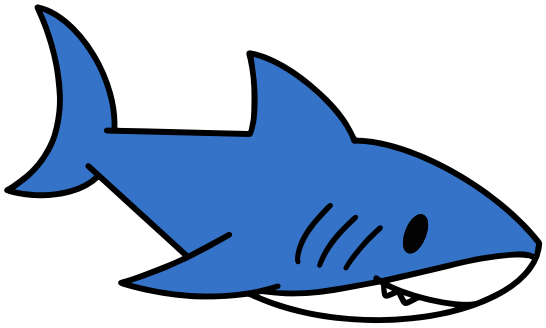
RIGHT NOW I AM STRUGGLING WITH...



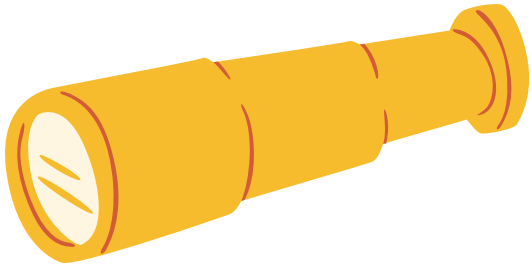
WHAT COPING SKILLS CAN KEEP ME AFLOAT?



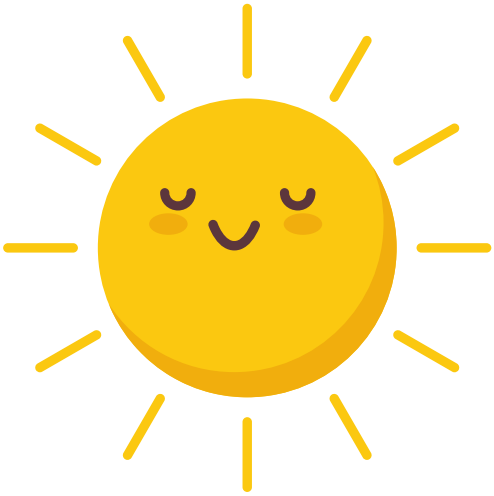
WHO IS MY SUPPORT SYSTEM HELPING ME NAVIGATE THIS STORM?



WHAT CAN SINK MY SHIP?



WHAT DO I NEED TO LOOK OUT FOR? (TRIGGERS)

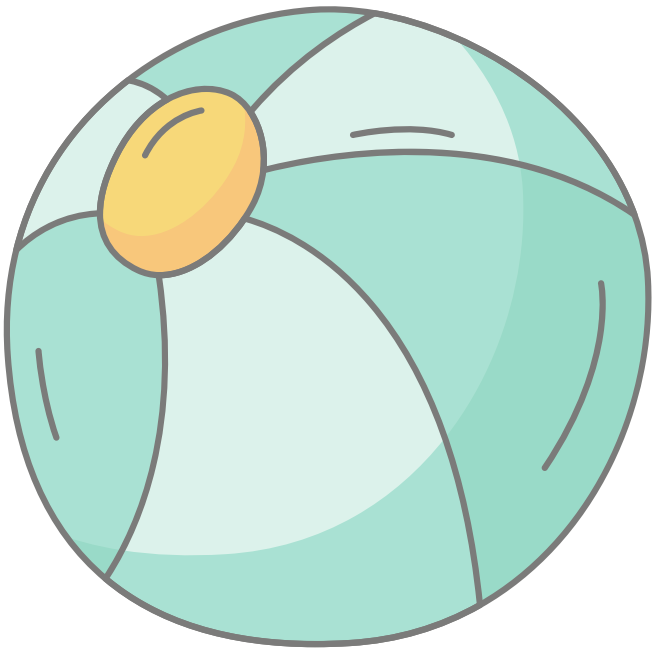


MY FUTURE LOOKS BRIGHT ..... I LOOK FORWARD TO .... IN THE FUTURE

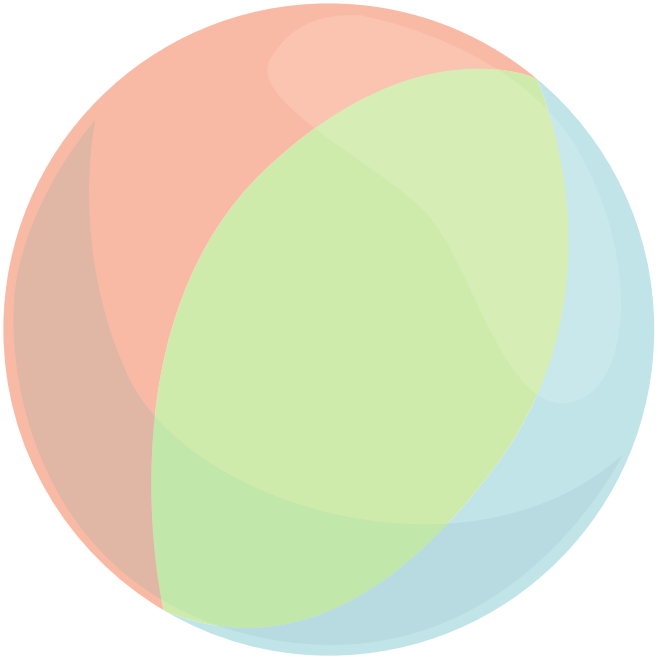
BOUNCING BACK

Resilience is the ability to believe in yourself, to cope to the best of your abilities, to adapt well in difficult circumstances–to "bounce back" from adversity.

In the balls write down the times you bounced back from hard times in your life.

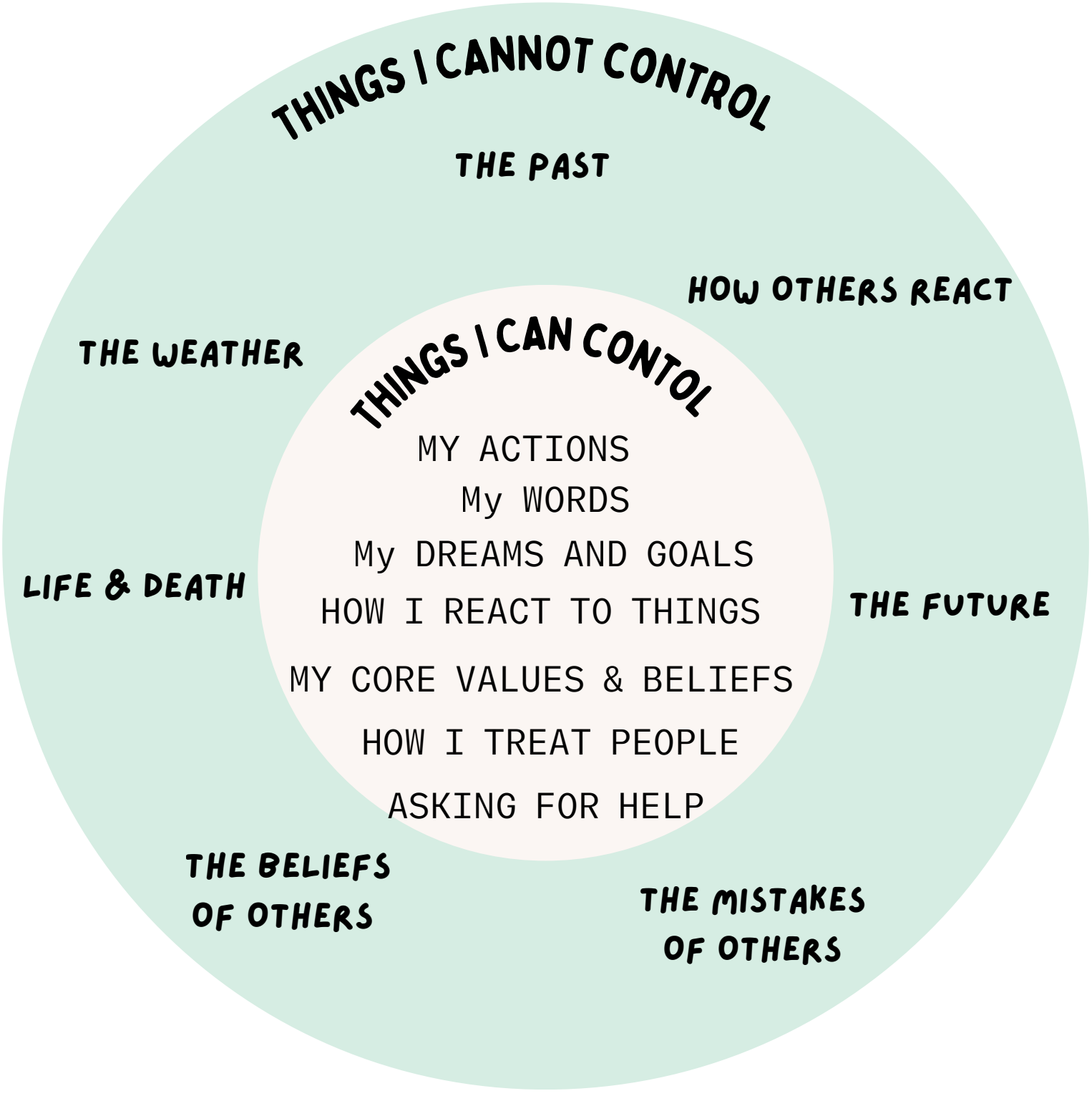




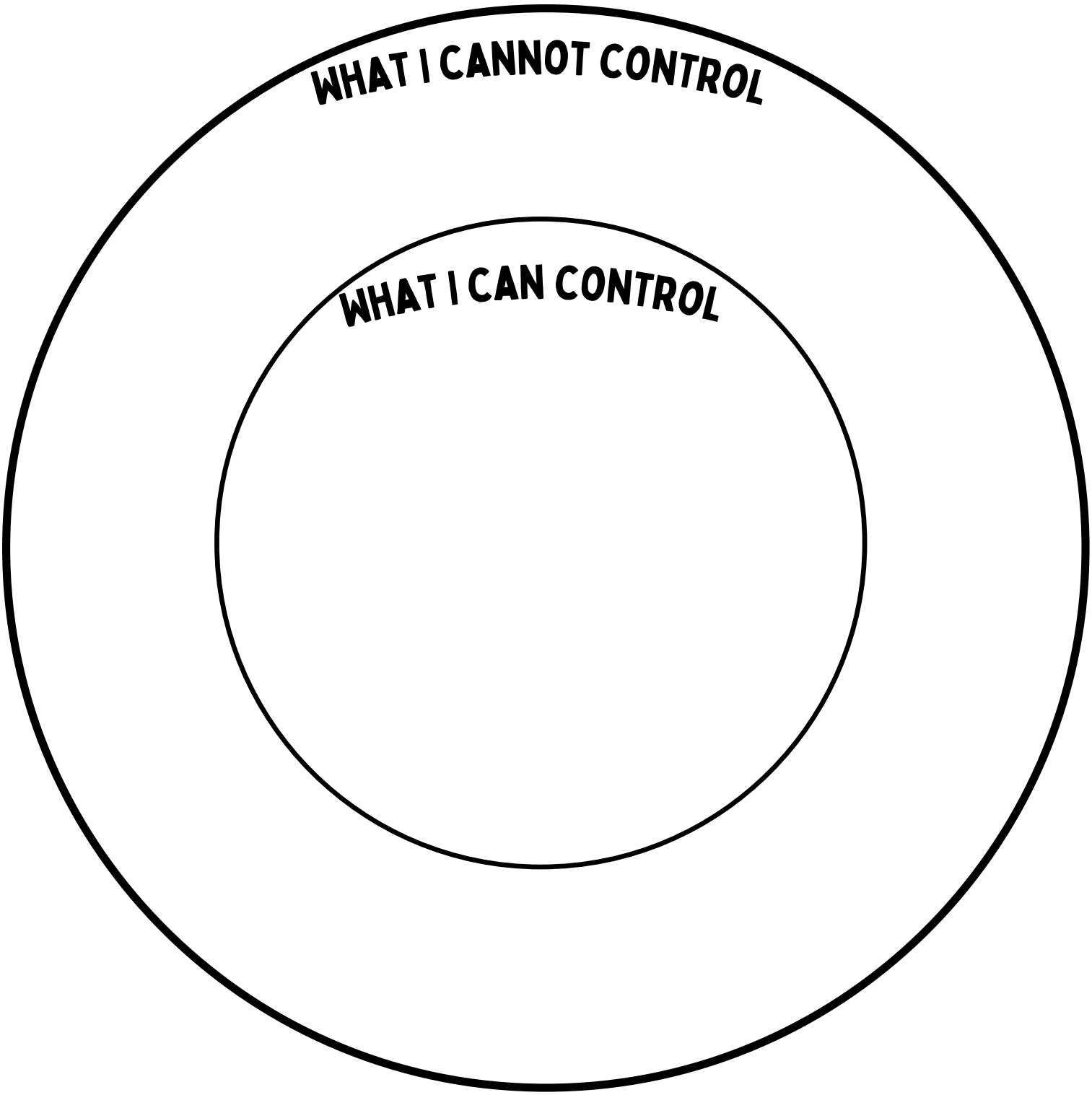


CIRCLE OF CONTROL

We cannot control every problem we encounter, sometimes things are simply out of our control. Learning to accept the problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.



MY CIRCLE OF CONTROL





MY RESILIENCE PLAN



WHAT DOES RESILIENCE MEAN TO ME?

WHAT/ WHO CAN PROTECT ME IN HARD TIMES

THINGS I CAN DO TO HELP ME THROUGH DIFFICULT TIMES

I HAVE SHOWN RESILIENCE WHEN