

Resiliency Plan

1. Think about a time recently when you overcome a challenge or a setback in your life. Perhaps you injured yourself, or received some negative feedback at work, or had an argument with a friend or family member. Briefly describe this difficulty below.
2. Which 'people' in your life supported you to keep standing when it would have been easier to fall? For instance, did you call an old friend or ask a teacher for advice? Perhaps a parent or grandparent gave you a pep talk. Write down who you called on for support in the top right cell of the table on the next page.
3. What 'strategies' did you use to help yourself cope with any negative thoughts and feelings that showed up in response to the difficulty? For example, did you meditate, write in a gratitude journal, go for a walk, listen to a particular song or type of music, or have a massage to release tension? Write down the strategies you used in the bottom left cell of the table on the next page.
4. What 'sagacity' helped you bounce back from this difficulty? Sagacity is the wisdom and insight that you hold onto. It can come from song lyrics, novels, poetry, spiritual writings, quotes from the famous, the sayings of one's grandparent, or learning from one's experience. Write down your sagacity in the bottom right cell of the table on the next page.
5. What solution-seeking behaviours did you display to help you actively deal with the problem? For example, did you problem-solve, seek out new information, plan, negotiate, speak up and voice your opinion, or ask others for help? Write down the solution-seeking behaviours you displayed in the top-left cell of the table in Appendix A.

Resiliency Plan

Supports:

People who keep you upright.

Eg I called my partner

Strategies

Things that keep you moving

Eg I did some yoga, journalling and went for a walk

Sayings/beliefs

That give you comfort and hope

Eg Everything is working out best case scenario

Solution-Seeking

Behaviours you show

Eg I did some researching and learning so next time I was more prepared