

# Resilience Toolkit



## What is resilience?

Resilience is the ability to cope with and recover from setbacks. It is the process and outcome of successfully adapting to complex or challenging life experiences. Resilience refers to our bounce-back ability in the face of difficulty or challenges.

## How will developing and building resilience improve my mental health?

- Reduces stress and anxiety
- Improves the ability to cope with difficult situations
- Helps you to view setbacks as temporary and conquerable
- Improves ability to manage emotions during stressful situations
- Increases the chances of building a support system
- Encourages flexibility in thinking and behaviour
- Prevents burnout
- Promotes problem-solving skills
- Increases sense of control over emotions

## What are the 10 ways to help build resilience?

1. Finding purpose
2. Believing in yourself
3. Developing a social network
4. Embracing Change
5. Being optimistic
6. Nurturing yourself
7. Develop problem-solving skills
8. Establishing goals
9. Taking action
10. Committing to building skills over time

# Finding Purpose



## Overview

Finding purpose can help you find meaning in life's challenges. Instead of being discouraged by your problems, with a defined purpose, you'll be more motivated to learn from your past experiences and keep going.

Answer these questions to help gain a better understanding of finding your purpose.

What activities or hobbies bring you joy? How can you incorporate more of what you love into your daily routine?

What values or principles are most important to you, and how can you live by them daily?

What long-term goals or dreams do you have, and what steps can you take today to move towards them?

# Believing in yourself



## Overview

Confidence in one's ability to cope with life's stresses can play an important part in building resilience.

Answer these questions to help you learn how to believe in yourself.

What are some past achievements or successes that you are proud of?

What strengths and skills do you have that you can rely on?

Who are the people in your life who believe in you, and what do they see in you?

How will you celebrate your progress and achievements, no matter how small?

# Developing a social network



## Overview

It's important to have people that you can confide in. Having caring, supportive people around you acts as a protective factor during times of crisis.

Answer these questions to help you learn how to develop your social network.

What activities or interests do you have that you could share with others?

Which new activities could you implement into your daily life?

What steps can you take to maintain and nurture the relationships you already have?

# Embracing Change



## Overview

Flexibility is an essential part of resilience. By learning to be more adaptable, you'll be better equipped to respond when faced with a life crisis.

Answer these questions to help you learn how to believe in yourself.

What changes are you currently experiencing or anticipating in your life?

What are some positive outcomes that could result from this change?

How can you break down this change into smaller, more manageable steps?

# Being optimistic



## Overview

Staying optimistic during dark periods can be difficult, but maintaining a hopeful outlook is important to resiliency.

Answer these questions to help you learn how to be more optimistic.

What are three things you are grateful for today?

How can you reframe a current problem or challenge to see it as an opportunity?

What small, positive actions can you take each day to improve your mood?

# Nurturing yourself



## Overview

When you're stressed, it can be all too easy to neglect your own needs. Losing your appetite, ignoring exercise, and not getting enough sleep are common reactions to a crisis

Answer these questions to help you learn how to nurture yourself.

What are some healthy habits you do/want to do to take better care of your body?

How can you set boundaries to protect your time and energy?

What are some ways you can practice self-compassion and be kinder to yourself?

# Developing problem-solving skills



## Overview

Research suggests that people who are able to come up with solutions to a problem tend to cope more productively with stress compared to those who cannot find solutions.

Answer these questions to help you learn and develop problem-solving skills.

What is the specific problem that you are facing, and why is it important to solve it?

What are some potential solutions you can think of, no matter how unconventional?

What are the pros and cons of each potential solution?

How can you break down the problem into smaller, more manageable tasks?



# Establishing goals



## Overview

Crises are daunting, and they may even seem insurmountable. Resilient people can view these situations realistically and set reasonable goals to address the problem.

Answer these questions to help you learn how to establish your goals.

What is something you want to achieve in the next month, six months, or year?

Why is this goal important to you, and how will it impact your life?

How can you stay motivated and focused on your goal?

# Taking action



## Overview

Waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately.

Answer these questions to help you take action.

What is the first step you need to take to start working towards your goal?

Who can you reach out to for support or guidance as you take action?

What potential challenges might you face, and how can you prepare for them?

How will you stay motivated and focused on your tasks?

# Commitment to building skills over time



## Overview

Resilience may take time to build, so don't get discouraged if you still struggle to cope with problematic events. Everyone can learn to be resilient, and it doesn't involve any set of specific.

Answer these questions to help you take action.

What specific skills do you want to develop, and why is it important to you?

What resources (books, courses, mentors) can you use to learn and improve this skill?

How much time will you realistically dedicate each day or week to practising this skill?

What will you do to reward yourself for reaching your milestones and making progress?