

BUILDING RESILIENCE

RESILIENCE is our ability to thrive, adapt, and cope despite tough and stressful times.

Resilience is built through **intentional* activities that promote **CONNECTION** to:



OTHERS:

- Developing supportive, healthy relationships and a sense of belonging
- Being involved in clubs, groups or other team efforts
- Volunteering or service

SELF:

- Identifying and exploring strengths, interests, hobbies, career, culture
- Discovering belief in self through trying new things
- Developing a sense of purpose
- Exploring physical activities

COPING SKILLS:

- Learning how to care for self and others
- Practicing and using effective skills that promote healthy living
- Asking for help when needed

**Intentional: Choosing activities based on the needs, interests and/or strengths of the individual.*

Resilience-building activities do not have to cost money! Simple examples include:

- Conversations during a meal or car ride
- Exercising together
- Talking about movies, books or other interests
- Exploring in nature

REFLECT:

Reflect on resilience-building activities that you can do to promote your **CONNECTION** to **OTHERS**, **SELF**, AND **COPING SKILLS**.

Resilience-building activities to promote connection to
OTHERS:

Resilience-building activities to promote connection to
SELF:

Resilience-building activities to promote connection to
COPING SKILLS:

CHALLENGE:

Share about the resilience-building activities you identified with someone you trust. Are there resilience-building activities they can do with you? Do they have any resilience-building activities to add?

