

DEVELOPING MY RESILIENCE

WORKBOOK AND JOURNAL



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Introduction

What is resilience?

The Dictionary defines resilience as,

"the capacity to withstand or to recover quickly from difficulties; toughness."

Wikipedia says,

"Psychological resilience is the ability to cope mentally or emotionally with a crisis or to return to pre-crisis status quickly."

According to Psychology Today,

"Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands."

Mayo Clinic says,

"When you have resilience, you harness the inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or a loved one's death. If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse, eating disorders or risky behaviors. Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop and learn skills to become more resilient."

Resilience is an important quality to have in life, as it allows you to bounce back from setbacks and continue on with your life. Simply put, resilience is the ability to recover from or adjust easily to adversity or change. It's that inner strength that allows us to pick ourselves up after a setback and keep going. And it's a quality that can be learned and developed over time.

Benefits Of Resilience

Improved Mental Health

This is because resilient people are better able to cope with stress and setbacks. They're less likely to experience anxiety and depression and more likely to have a positive outlook on life.

Greater Life Satisfaction

This is because resilient people are able to overcome obstacles and achieve their goals. They don't let setbacks get in their way and they persevere even when times are tough.

Better Physical Health

This is because resilient people are less likely to experience stress-related illnesses such as headaches, stomach problems, and heart disease.

Stronger Relationships

Resilient people also tend to have stronger relationships than non-resilient people. This is because they're able to effectively communicate their needs and manage conflict in a healthy way. They're also more supportive and understanding during difficult times.

Greater Success In Life

Those who are resilient are better able to deal with stress and adversity. They are also more adaptable, flexible, and resourceful. This allows them to more effectively overcome challenges and achieve their goals. In addition, resilient people tend to be more positive and have higher levels of self-efficacy. They believe in themselves and their ability to overcome obstacles. As a result, they are more likely to take risks and pursue their dreams.

Improved Work Performance

In today's fast-paced, ever-changing world, the ability to adapt and persevere in the face of challenges is more important than ever. Resilient employees are able to take setbacks in their stride and continue working towards their goals regardless of obstacles.

They are also more creative and innovative because they are not afraid to experiment and take risks. As a result, companies that invest in developing their employees' resilience reap the rewards in terms of increased productivity and profitability.

What has helped me to bounce back from adversity in the past?

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What are my best coping skills during challenging times?

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Who can I/do I turn to during times of struggle?

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How do I process my feelings during times of struggle?

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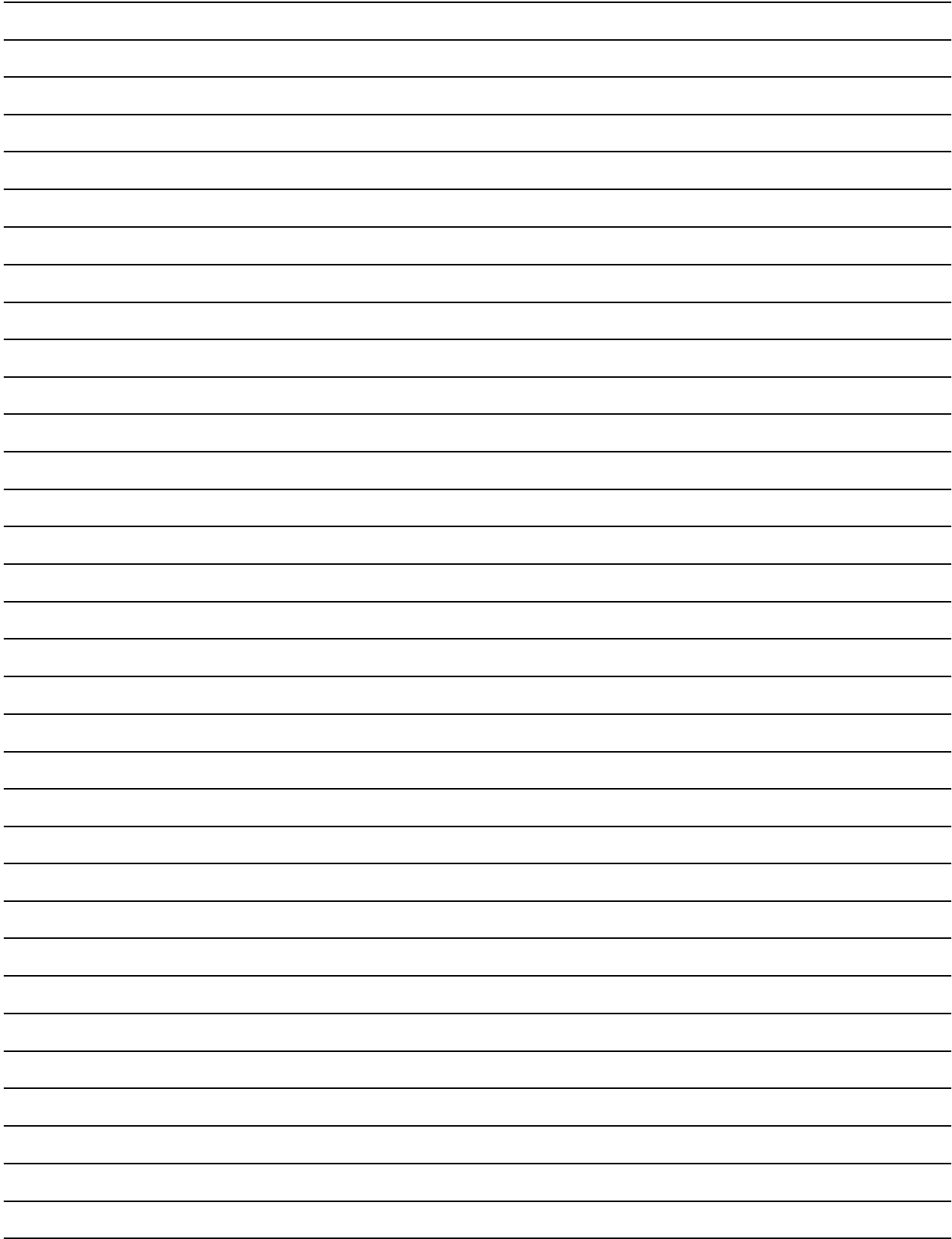
How have my past struggles shaped me?

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What are the positive effects of my past struggles?

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Write about your inner strength.



Lined paper template consisting of 24 horizontal lines.

Lined writing area consisting of 25 horizontal lines.

Reflect on the following components of resilience as they apply to you.

For example, you can say never use it, or it's something you need to work on or elaborate on how one or all have helped you before, etc.

Emotional Regulation

- Balance to keep your ship steady while you sail through a storm
- Remain calm and composed
- Healthy coping with negative emotions
- Prevent a melt down
- Act from a place of self-confidence
- Avoids emotions dictating your decisions
- Prevents self-destructive choices
- Function from a place of peace
- Positive mood even during times of struggle

No Self-Judgement - The Self-Supportive Mindset

- Allows you to be in control of your own life
- Gives you a sense of accomplishment
- Self-compassion
- Decisions and choices that are pro self
- Being proactive in seeking the best possible outcomes in your own favor
- Keeps you strong while you navigate challenges

Healthy Coping Skills And Being Solution Oriented

- Managing stress
 - Regulating emotions
 - Problem solving
 - Analyzing situations with objectivity
 - Being solution oriented versus problem oriented
 - Optimistic attitude
 - Taking action to get results
 - Being aware of and taking action behind things you can control
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30 horizontal lines for writing.

Lined writing area consisting of multiple horizontal lines.

Lined writing area consisting of 32 horizontal lines.

The Power Of Agency

- The capacity of individuals to act independently and shape their life circumstances
- Feel like you are in control of your life
- Feel free to make choices
- Make proactive choices and decisions
- Self-determination
- Self-efficacy
- Motivation to take action

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I get frustrated when facing challenges because...

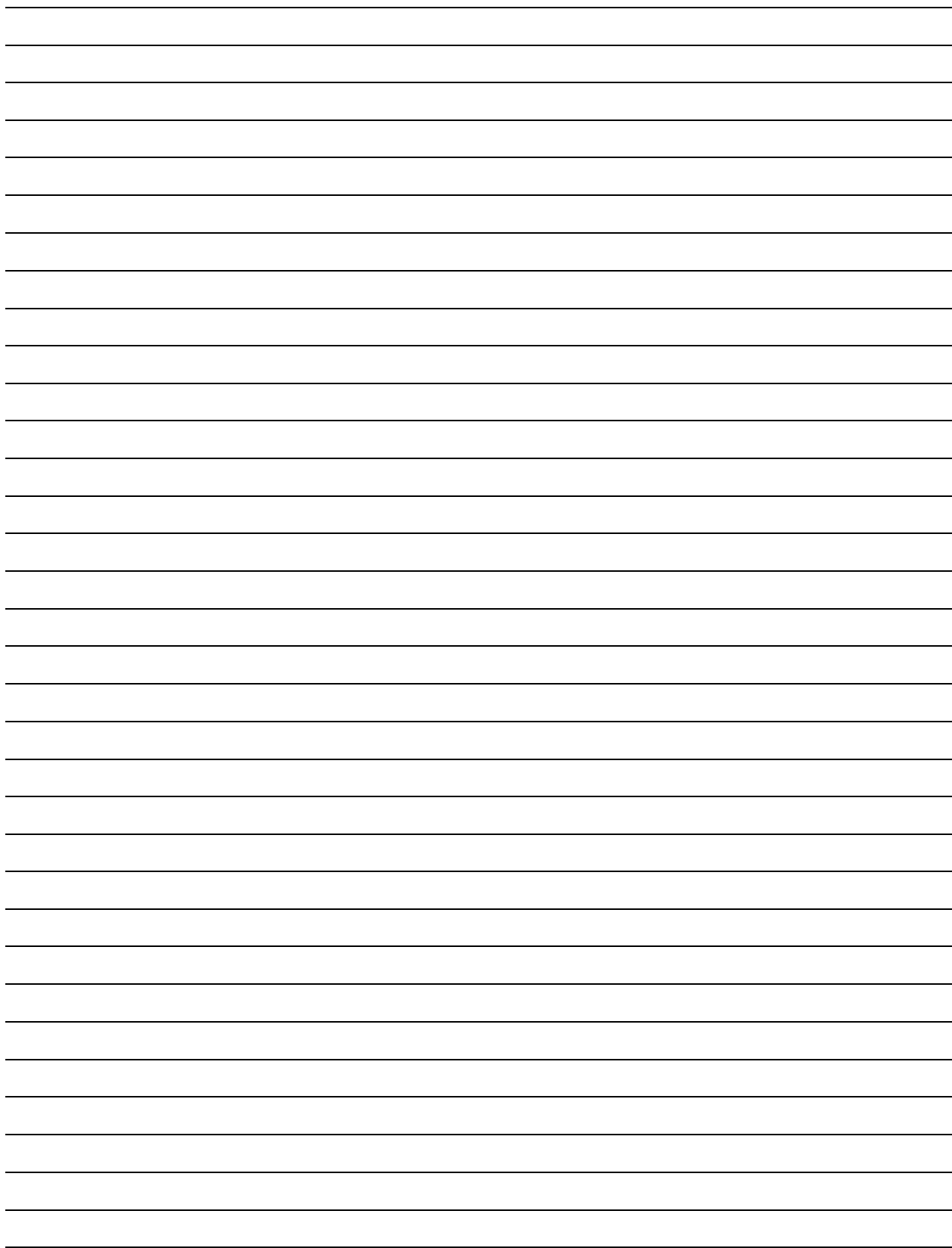
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Handwriting practice lines consisting of 25 horizontal lines.

Lined writing area consisting of 25 horizontal lines.

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A series of horizontal lines for writing, consisting of 35 evenly spaced lines.

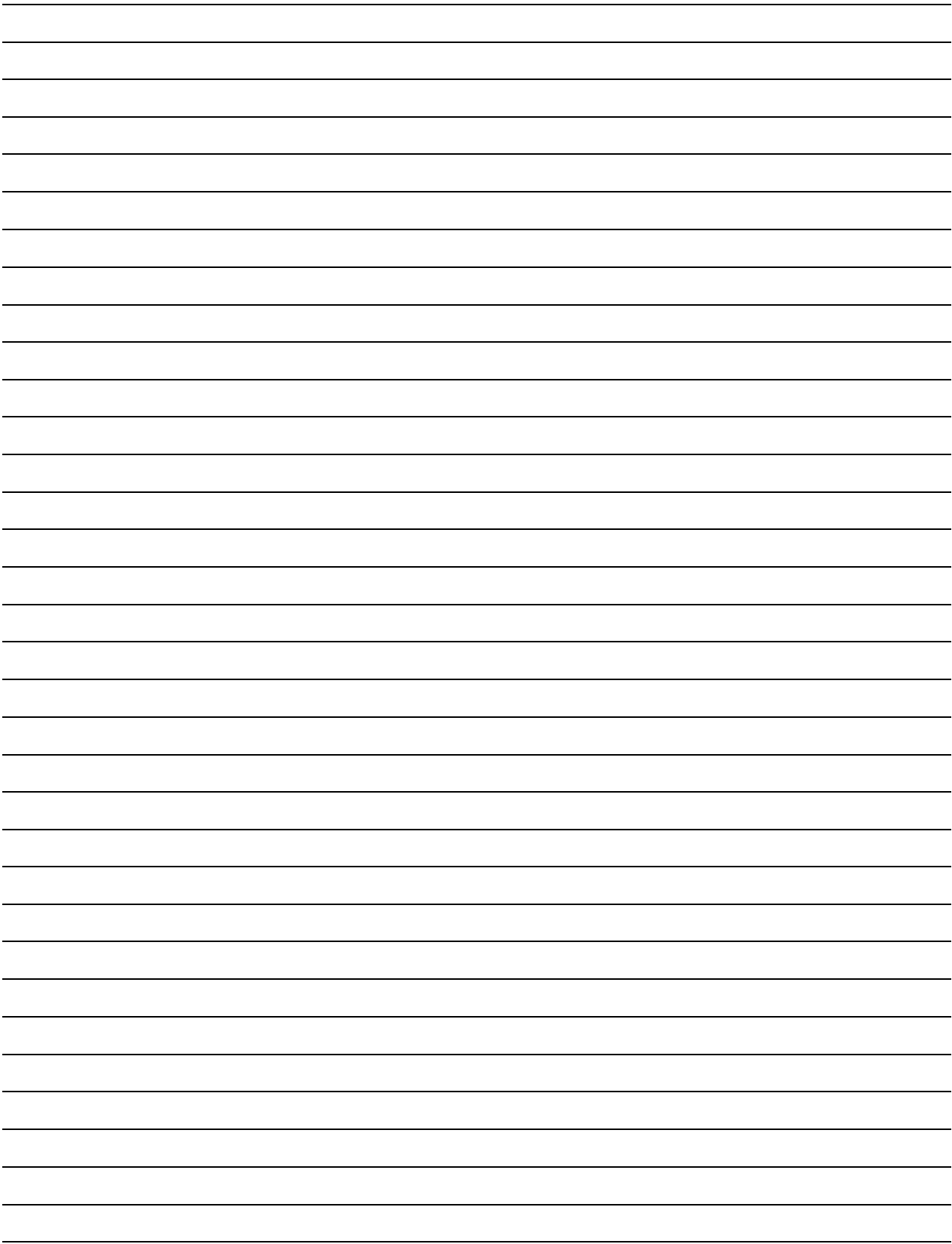
Failure has taught me...

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I am afraid to feel fear because...

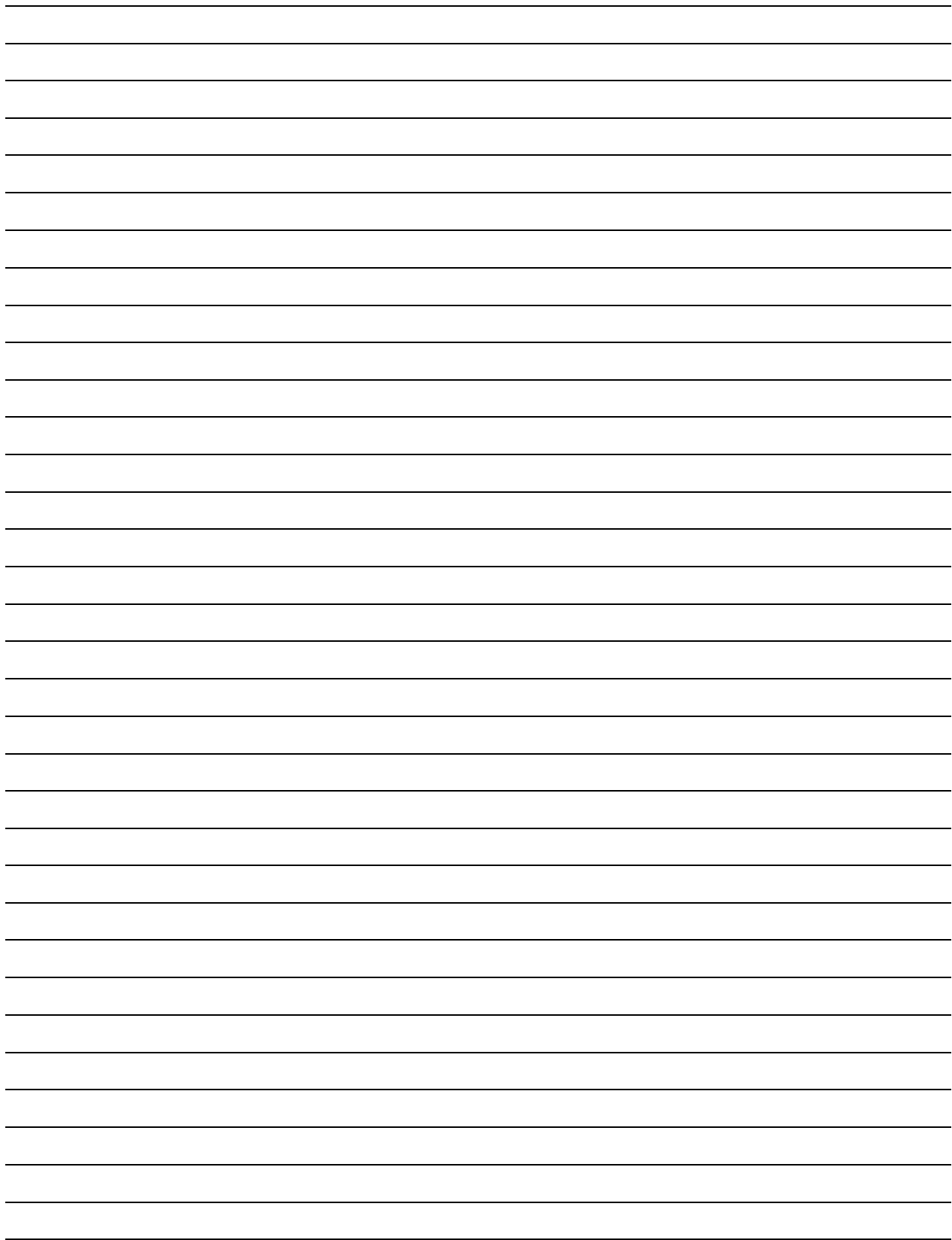
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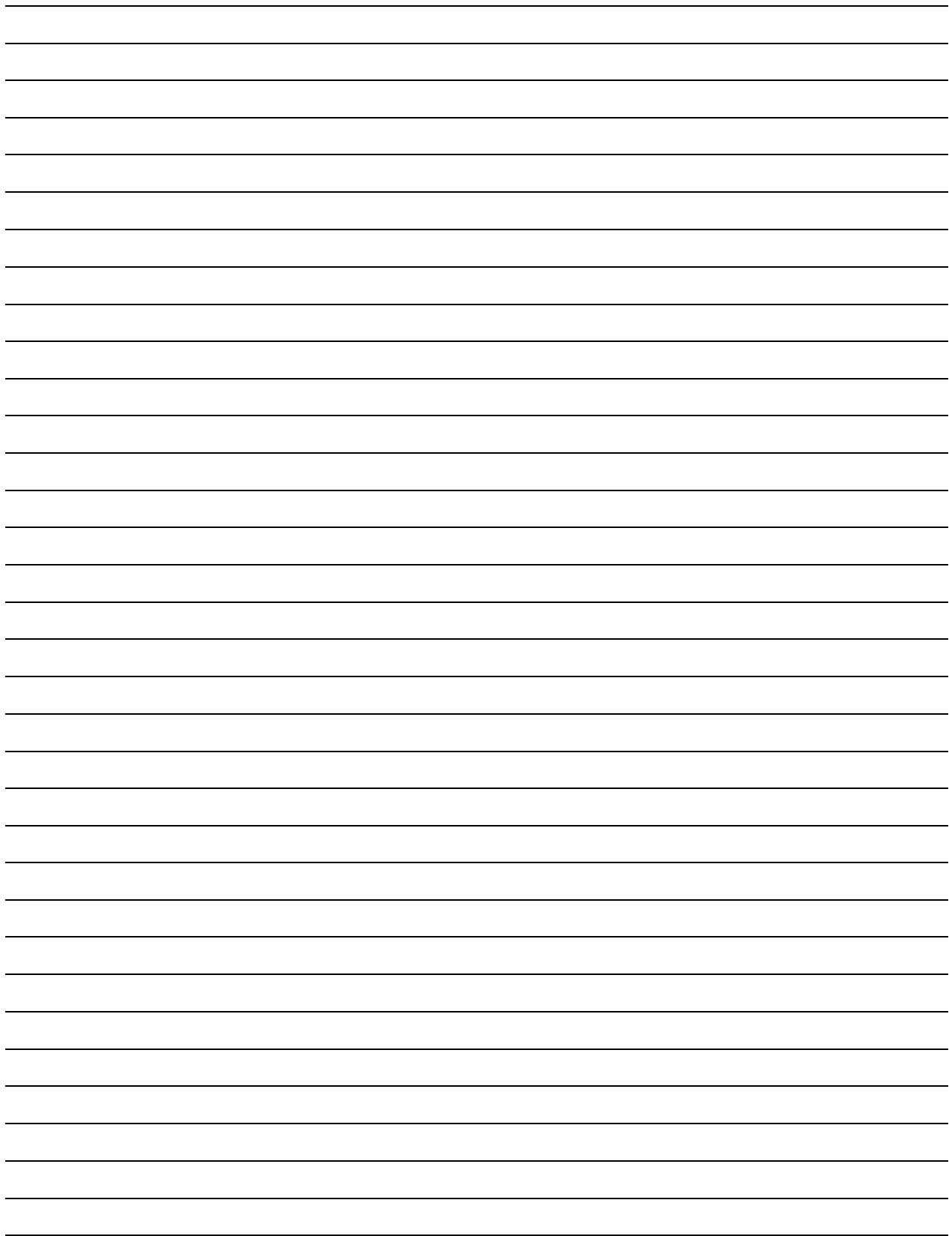
I am afraid of facing challenges because...



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Lined writing area consisting of 30 horizontal lines.

In regard to my past struggles, I wish I was...

Lined writing area consisting of 25 horizontal lines.

I believe that adversity and facing challenges makes me better because...

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Final Conclusions

Now that you have finished the workbook it's time to assess and write your final conclusions.

For example: What have you learned about yourself? What issues do you have in terms of resilience and dealing with life's challenges? What do you need to work on in regard to your resilience or any other issues that have come up? What answers surprised you?

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Ruled writing area with multiple horizontal lines.

Handwriting practice lines consisting of 28 horizontal lines. The 14th line from the top is a bolded line, serving as a central baseline. The remaining lines are evenly spaced on either side of this central line.

Ruled lines for writing content.

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Lined writing area consisting of multiple horizontal lines for text entry.



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Lined writing area consisting of 30 horizontal lines.

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Lined writing area with horizontal lines.

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Blank lined writing area consisting of 28 horizontal lines.

