

# The Resilience Plan

**This quick and easy exercise helps you highlight your resilience resources from past experiences. Using these you can then build a personal resilience plan, which can be used to help you combat any future challenging situations. Give it a go - it can help you in so many areas of your life!**

## Step 1 - Recent Resilience

Think about a time recently when you overcame a challenge or setback in your life. Perhaps you received some negative feedback at work, or had an argument with a friend or family member. Briefly write it down.

## Step 2 - Supportive people

What supportive people do you have in your life? Who kept you from falling apart? Did you call a friend, ask a teacher for advice, or maybe a parent or grandparent helped? Write down who you called on for support in the table below.

## Step 3 - Strategies

What 'strategies' or ways of coping did you use to help work through any negative thoughts/feelings that showed up during this challenging time? Did you meditate, go for a walk, listen to a particular song, have a massage to release tension, or write down your feelings. Write down the strategies you used in the table.

## Step 4 - Sagacity

Sagacity is the insight or sense that you make of something - It can come from song lyrics, books, poetry, spiritual teachings, inspirational quotes, family wisdom or learning from your own experiences. What 'sagacity' helped you bounce back from this challenging time? Write them down in the table.

## Step 5 - Solutions

Did you actively problem-solve, find new information, plan ahead, negotiate, speak up and voice your opinion, or ask others for help in trying to overcome the challenging situation? What solution-based behaviors did you try? Write down any solution-seeking behaviors you tried in the table below.



# My Past Sources of Resilience

Supportive people	Strategies you followed
Sagacity that gave you hope	Solution-seeking action

## Next Steps...

Describe a current challenge you're expereincing, whether work related, within a relationship, as a Mum, with your health etc. Write down this situation.

How could you use the support, strategies, sagacity and solutions that helped you last time? Look at how you could use similar, or the same resources to help you this time. Use the table below to write down the skills, supports, strategies, and sagacity that could work again for you.

Remember, some flexibility will be needed, as each resource may need to be tweaked depending on the situation. E.g. You may seek support from a manager, rather than your parents for a work based issue.



## My Resilience Plan

Supportive people	Strategies you can follow
Sagacity that can give you hope	Solution-seeking action

### The next step is to put your resilience plan into action!

It is your choice as to what resource you begin with, what feels right for you? On your resilience plan place the number 1 next to the first resource you will use. Then, number your different resources in the order you would realistically use them.

Now, go ahead and action your first resource. Continue to work through your resilience plan (in order) until you have overcome this challenging time.

Once you have come through the situation, take a look at your plan and ask yourself – Did it help? Which resource helped the most?

Is there anything I'd like to add to my plan? What other areas of my life could the plan help with?

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