

RESILIENCE: SELF-CARE & COPING STRATEGIES

Resilience is emotional strength. Being resilient is about understanding your thoughts and feelings and finding small ways to change how you think or feel. This can change how you respond and behave in certain challenging or stressful situations. Resilience is a skill that can require some developing, but practice makes progress. Just like learning any new skill, it can be tricky at first. But with practice, it can become easier and easier. The following activity helps you to identify ways to manage challenging emotions and build resilience.

1. When you are stressed/upset, what emotions do you normally feel?

2. When you are stressed/upset, what thoughts do you normally think e.g. "I'll never get through this", "I can't handle this"?

3. Sometimes resilience is about finding small things that help you calm your thoughts and feelings. This can help you think more clearly and be more resilient. These are called 'coping strategies' or 'self-care strategies'. What little things help you feel calmer?

The table below identifies common coping/self-care strategies.

- a. Firstly, add, or discuss, 5 coping strategies you already use into the blank spaces in the table.
- b. Read over all the coping strategies together
- c. Lastly, highlight or discuss 5 strategies that you are going to try this week

Write in a journal	Play a sport	Meditate	Read a book	Deep breathing
Spend time in nature	Gentle stretches	Spend time with friends	Sleep/nap	Listen to music
Spend time with pets	Dance	Draw	Bike ride	Imagine
Cook	Play music/instrument	Go somewhere new	Have fun	Express yourself
Grooming – e.g. Paint nails	Day dream	Watch a favorite movie	Go somewhere new	Get absorbed in an interest
Do something you are passionate about	Help someone else	Find an inspirational quote	Eat	Research opportunities to volunteer
Reach out for support	Cook	Do a hobby	Gaming	Drink a cup of tea