

Building Resilience

A Personal Journey to Strengthen Your Recovery Skills

Welcome to your personal journey of resilience, where each challenge becomes an opportunity for growth. This worksheet is designed to support and empower you, fostering mental wellness through understanding, reflection, and action.

Name: _____

Date: _____

What is Resilience?

Resilience is your ability to recover from challenges, adapt to stress, and keep moving forward even when things feel difficult. It's about bending without breaking and growing through challenges.

My Stress Response Map

When I feel stressed, I usually:

- Shut down / go quiet
- Overthink things
- Get overwhelmed easily
- Get emotional or frustrated
- Avoid the situation
- Other: _____

Common triggers for me are:

Coping Strategy Plan

Circle or check the strategies that help you most:

- Deep breathing (box breathing / slow breathing)
 - Taking a break or stepping away
 - Listening to music
 - Journaling my thoughts
 - Talking to someone I trust
 - Physical movement (walking, stretching)
 - Grounding exercises (5-4-3-2-1)
 - Positive self-talk
 - Creative activities (drawing, writing, etc.)
 - Other: _____
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Reframe the Challenge

Turn the stressful thought into a helpful one:

- “I can’t handle this.” → _____
 - “This is too much for me.” → _____
 - “I always mess things up.” → _____
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My Support System Map

People I can rely on when things are hard:

Trusted friends:

Family or caregivers:

Other supportive people (teacher, coach, mentor):

Places or resources that help me feel safe:

My Comeback Plan

When I feel overwhelmed, I will:

Reflection

One situation I handled better than before:

What helped me get through it:

What this says about my resilience:

"I can bend without breaking. I grow stronger through challenges."