**BUILDING RESILIENCE**

**Exercise 1**

Think of someone who is resilient.

What are they **thinking**? What are they **doing**? How are they **feeling**?

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**Exercise 2**

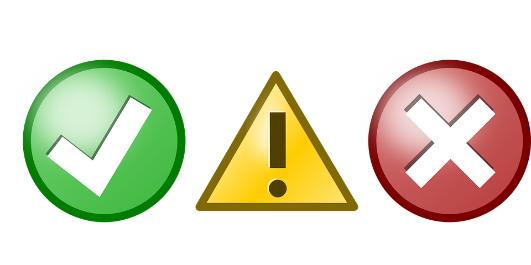
Reflect on these areas and write something to **change**, something to **think about**, or something to **revisit** at a later date

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| **Life basics**  Sleep, exercise, diet, leisure, environment |  |
| **Belonging**  Relationships, influence and control |  |
| **Learning**  Organised, life skills, planning |  |
| **Core self**  Talents, improvements, emotional intelligence, likes/dislikes |  |

**Exercise 3**

What are you **fearful** of? What **worries** you?

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Plan for later

DO SOMETHING!

Nothing can be done

Does it need action now?

Does it need action?

It’s important

It’s imagined / not important now

Does this thought need attention?

**It will still arrive…it just needs managing**

CHALLENGE

FEAR

SETBACK

**WORRY IS JUST A PROTECTIVE THOUGHT FROM**

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**Exercise 4**

Short term: Cool down Long term: Perspective

Happy place Learn from failure

Shift your mind-set

Comment on how you can build your own **‘bouncebackability’**.

Do you know the best ways to **cool down**?

Complete the sentence: **What would \_\_\_\_\_\_\_\_\_\_\_\_\_\_ do?** It might help to think back to Exercise 1.

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**Exercise 5**

Are there any thoughts you have where you can **shift your mind-set**? Look back at Exercise 3, can you think about this in a different way?

When have you **failed**? What can you **learn** from it? Use the graphic below to help you.

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