

MY SOURCES OF RESILIENCE

Take some time to reflect on a stressful or traumatic life event. Think about the ways you overcame this and how you can apply the lessons learned to future difficult times or situations.

Identify the four S's that helped you build resilience

S

SUPPORTIVE PEOPLE:

Individuals who were helpful during the difficult time

S

STRATEGIES:

Positive methods and activities you used to deal with challenging thoughts, feelings and situations

S

SAGACITY:

Perceptions and wisdom that were useful and uplifting

S

SOLUTION-SEEKING:

The ways you strategized and pursued helpful information

DIFFICULT SITUATION:

SUPPORTS:

People who kept you upright

STRATEGIES:

Things that kept you moving

SAGACITY:

Thoughts that gave you comfort and hope

SOLUTION-SEEKING:

Positive behaviors you exhibited