



1-5 Strategies to Help You Build Resilience

Here are some strategies you can use to help you “bounce back” from challenging situations and build your resilience. It’s important to remember that we ALL make mistakes and have our flaws and struggles. So, in that, you are not alone! Resilience is about how you respond to those struggles.

Directions: See if you can find 3 strategies from the list below that have potential to work for you and circle them. Add any other strategies you can think of on the blank lines below. For primary students, this worksheet can be done as a discussion with a parent, teacher, or trusted adult.

- Build a strong circle of friends
- Build good relationships with your family
- Use faith-based groups or after-school groups to find support
- Take the problem or stress one day at a time (only handle what you can handle)
- Visualize how the future might get better (positive forecasting)
- Help other people who may be going through tough times. (You’ve worked through some challenge: See this as a ‘call to action’ to help others.)
- Accept that change is a part of life (moving, going to new school, new family members)
- Set goals and move toward your goals (be self-directed)
- Build a routine (consistency can be calming)
- Journal, write, or paint/draw your experiences
- Avoid unnecessary drama and peer conflict
- Take care of yourself
 - Practice deep breathing and other mindfulness techniques to help you manage stress and anxiety.
 - Practice self-compassion -Treat yourself with the same kindness you’d show to a friend. Imagine what you’d say to a friend who’s struggling: then direct those kind thoughts and words toward *yourself*. Being harder on yourself than you would be on others makes a stressful situation even more so! Self-compassion can motivate you to keep going and succeed.

Other strategies you can try:

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- _____
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