



Resilience is the capacity to recover from challenges, difficulties, or adverse events. It can be built, practiced, and get stronger over time. Everyone has their own background and personal experiences that impacts how they perceive and cope with stressful situations. When faced with challenges, it's best to draw on positive coping strategies that work best for you to build personal resilience. Use this activity to help develop these resiliency skills.

→ [TheWellnessSandbox.ca](https://www.thewellnesssandbox.ca)

TIME TO COMPLETE: 10 to 15 minutes



Instructions:

- 1 Have a conversation with participants about resilience: What does resilience look like to you? Why is it important?
- 2 Next, ask participants to reflect on a recent experience that felt challenging. Invite them to keep this situation in mind as you review the following descriptions and complete the corresponding sections of the worksheet:
 - A. **Self-awareness:** *"Self-awareness is being aware of your current state."* After a few minutes, ask the group to share some of their examples.
 - B. **Self-compassion:** *"Self-compassion is being warm and understanding toward ourselves during challenging times."* Again, after a few minutes, ask participants to share their ideas.
 - C. **Self-care:** *"Self-care is any activity you do to deliberately take care of your health and well-being."* Ask participants to complete this final section of the worksheet and invite them to share after a few minutes.

Discussion:

- Reflecting on the activity, did anything stand out?
- Did you find one section (Self-awareness, Self-compassion or Self-care) harder to complete than the others?
- Which areas would you like to work on?
- What are some ways you could develop the areas you would like to work on?

Encourage participants to use these skills to help maintain and foster resilience. How can they practice the skills they identified to continue to build resilience? Are there ways they can work together and support these actions to build resilience as a team? Encourage participants to bring their learnings back to their day-to-day work.

Resilience Builder

Think of a scenario you are facing or have previously faced that has been challenging for you.
Use this scenario as you work through the questions below.

Self-awareness

For you, what does stress look like and what are the mental and physical signs?

Self-compassion

What would you say to a friend who is dealing with the same problem or challenge?

What are some things you can say to yourself during a stressful time?

Self-care

What are some intentional things you can do to take care of yourself?
Brainstorm a few ideas for each category below:

Physical

Emotional

Social

Professional

Other

Sources

- Evalyn Gaskell. (2018, June 10). *Self-Care Through Self-Awareness and Self-Compassion*. Mindful Teacher. <http://www.mindfulteachers.org/2018/06/self-care-self-compassion.html>
- *Plan for Resilience*. (2019) Workplace Strategies for Mental Health. Retrieved April 19, 2021 from: <https://wsmh-cms.mediresource.com/wsmh/assets/sra1wdqns28co88g>
- *Self-Care Checkup*. (n.d.) Positive Psychology. Retrieved April 19, 2021 from: <https://positivepsychology.com/wp-content/uploads/Self-Care-Checkup.pdf>