

Building resilience

What are some ways in which you can become more resilient?

Where are you finding that your resilience is being chipped away?

Stretched too thin (you're barely hanging on and something has to give)



What can you move off your plate to make room for other things in your life like self care, restorative time, rest, and quiet?

What can you delegate? What doesn't have to be done by you. What things can others do for you?

What obligations have you made that no longer bring you joy? Can you let go of those obligations?

Things I can let go of to make time for me:

Feeling isolated (we are all wired for connection with others)



How can you make room for more connection with other people? What does that look like? How do you prefer to connect with other people? In a group, one to one, in a quiet place or an active place?

What can you do to increase connection with your partner? With your friends? With your family?

Things I can do to become more connected to family, friends and community:

Sinking (feeling like it's all coming in on you, you're barely keeping your head above water)



Does your partner know that this is what's happening for you?
Do your friends know when you are in this place?

Have you articulated to those closest to you what you need?
People usually want to help, but don't know what to do. Give people concrete ways to help.

Things I can ask others to do to help me:

People I can be honest with and ask for help:

Coming up out of the darkness (seeking light)



What things can help to lift you up out of that dark hole that we sometimes find ourselves in?

Can you seek out counselling for you? – not your child's therapist but your own therapist.

Have you considered medication to lift your mood and get you out of that dark hole?

Things I can do, when life feels dark, to come back into the light:

Building on your strengths (feeling strong, focussed and determined)



What are the conditions where you know you thrive?

What are the situations in which you feel most resilient?

These things need be a part of your regular practice.
Experiences build on each other to make you a more resilient person.

Where do you need to make changes to have more of that?

Activities in which I can thrive:

Changes I can make to schedule these experiences into my life: