

## Resilience Building Plan Worksheet

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downloaded from <https://positivepsychology.com/resilience-skills/>

1. Recognize Your Signs of Stress.
  - a. Where do you feel stress in your body?
  - b. What are some of the bad habits you engage in when feeling stressed?
2. Focus on Building Physical Hardiness.
  - a. What kind of small changes can you invest in to improve your health? (Better sleep, better nutrition, hydration, exercise, etc.)
  - b. List one small change you can make now.
3. Strengthen the Relaxation Response – Calm Body and Calm Mind.
  - a. List some activities at home that could help you relax.
  - b. List some activities at work that could help you relax.
  - c. Try out some new relaxation skills such as **mindfulness** or meditation apps such as **Calm** or **Headspace**.
  - d. Try some self-soothing activities such as:
    - i. Tactile (Holding something comforting or soothing)
    - ii. Smell (Smell of lavender, fresh air)
    - iii. Visual (Puppy or kitten photos, looking out the window, etc.)
    - iv. Auditory (Listen to music, listen to sounds of nature)
    - v. Taste (Drinking some tea, eating chocolate)
4. Identify and Use Your Strengths.
  - a. Describe a time when you were able to overcome or handle a major challenge in life.
  - b. What did you learn about yourself?
  - c. What personal strengths did you draw upon?
  - d. Draw upon an image of when you were the most resilient.
  - e. How might you apply this strength now?
5. Increase Positive Emotions on a Daily Basis.
  - a. Identify sources of humor or joy.
  - b. Express gratitude, visit someone or write a letter.
  - c. List your accomplishments.
6. Engage in Meaningful Activities.
  - a. Notice what happened in your day that was meaningful on a regular basis.
  - b. What kinds of activities did you find meaningful?
  - c. Identify activities that put you in the **flow**. (Enjoyable things you do that cause you to lose track of time.)
7. Counter Unhelpful Thinking.

- a. Write down what you are thinking about when you get stressed and then ask: What is the worst that can happen and could I survive it? What is the best that could happen? What would I tell a friend in a similar situation?
  - b. If you can't stop thinking about something, write about it a couple of times over a 4-week period for about 15 minutes each time. Notice how your story changes or your perspective becomes clearer each time.
  - c. If you are being hard on yourself, practice self-compassion and learn to be kind to yourself. Give yourself a mental break or a pat on the back.
  - d. Remember a hero, a coach or a mentor that encouraged you when you doubted yourself.
8. Create a Caring Community.
- a. Connect with friends and family on a regular basis.
  - b. Identify your sources of support.
    - i. Work
    - ii. At home.
    - iii. In the community.
  - c. Practice good communication and conflict resolution skills.