

## Building Resiliency

If I am more resilient, I will be :

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### Recuperation Strategies

Physical /behavioural:

Psychological/emotional:

Social:

Intellectual:

Ideas for improving my ability to bounce back:



## **Renewal**

1. What do I enjoy doing?
2. What do I get enthusiastic about?
3. What would I like to do that I keep putting off?
4. Who do I enjoy sharing experiences with?
5. What positive aspects of my life am I ignoring?
6. Which of my core values do I need to give more attention to?

### My Resiliency Habits

Criteria:

- takes 5 to 15 minutes a day
- fits your current schedule
- does not require you to spend money
- you enjoy it!

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### **Take Home Activity**

What promotes or improves resilience in your life that you can commit to start doing today?

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"Fall down seven times, stand up eight."  
Japanese proverb