

Resilience Worksheet

Name:

Date:

Think about a difficult situation in the **past** and how you overcame it.

Self-Care Strategies	Support System
What kept you going? (Ex: Deep breathing, going for a walk, listening to music)	Who helped and encouraged you? (Ex: Friend, family member, pastor, therapist)
Solution-Seeking	Inspiring Insights
What actions did you take to make things better? (Ex: Asked for feedback or information, scheduled activities, attended a support group)	What ideas gave you comfort and hope? (Ex: Favorite quote, song lyric, family story, personal mantra)

Think about a difficult situation **now** and what would be helpful.

Self-Care Strategies	Support System
What keeps you going? (Ex: Deep breathing, going for a walk, listening to music)	Who helps and encourages you? (Ex: Friend, family member, pastor, therapist)
Solution-Seeking	Inspiring Insights
What actions can you take to make things better? (Ex: Asked for feedback or information, scheduled activities, attended a support group)	What ideas give you comfort and hope? (Ex: Favorite quote, song lyric, family story, personal mantra)