

8 ACTIVITIES TO HELP BOOST YOUR RESILIENCE

 @BELIEVEPHQ

01 

Spend time identifying your strengths and how you can use them on a weekly basis

02 

Start engaging in problem solving to help you deal with practical worries you might experience

03 

Identify 3 examples from the past where you have coped well with stress and write down what you did well

04 

Find time and space to write down how you would like to be thinking during times of adversity ("I can do this, I can cope")

05 

Identify helpful behaviours you would like to engage with during times of adversity

06 

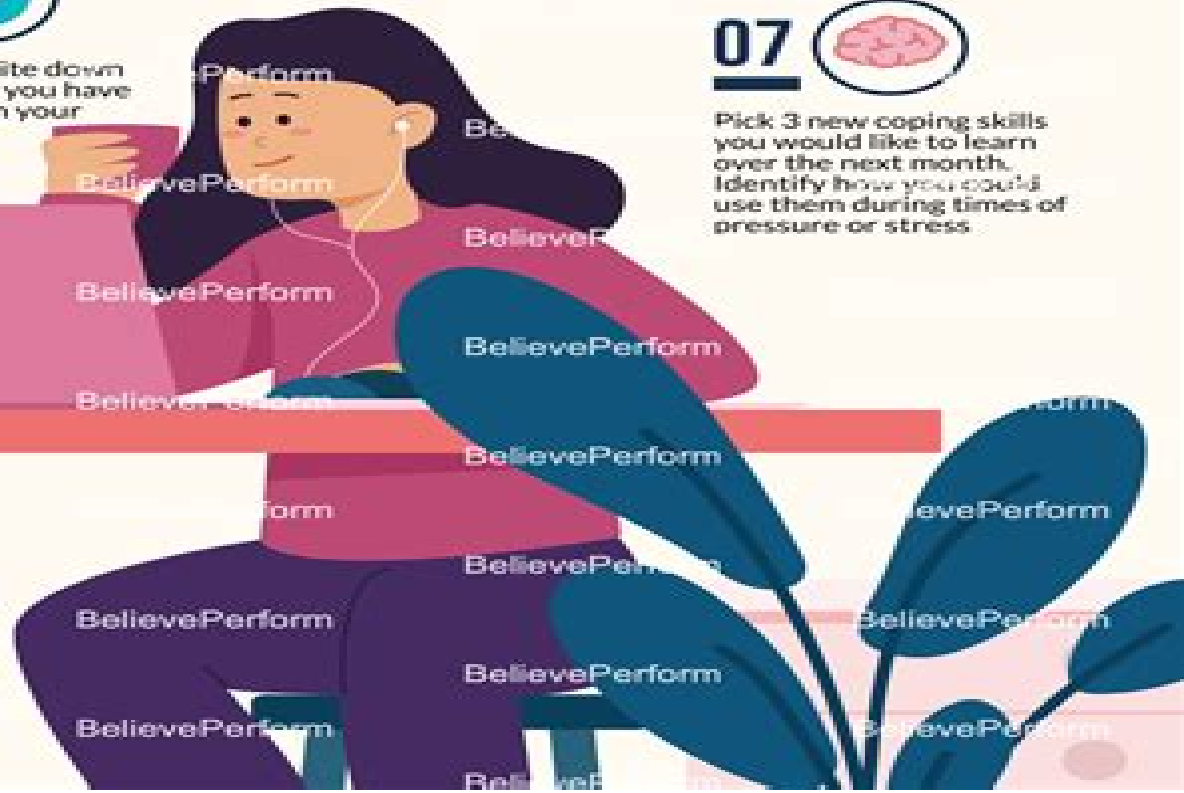
Each night write down 3 good things you have achieved from your day

07 

Pick 3 new coping skills you would like to learn over the next month. Identify how you could use them during times of pressure or stress

08 

Keep track of the good things in your life by engaging in a gratitude journal



Activities To Build Resilience

Wenbin Ji



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