



DHS
trauma
think tank

Resilience Journal


10 ways to build resilience



*Alone, we can
do so little;
together we
can do so much.*


HELEN KELLER

1. Making connections and building your social support network.



Think about all of the people who's lives are
affected by you.
Draw something that represents each person here.

Share with one person what you drew for them.

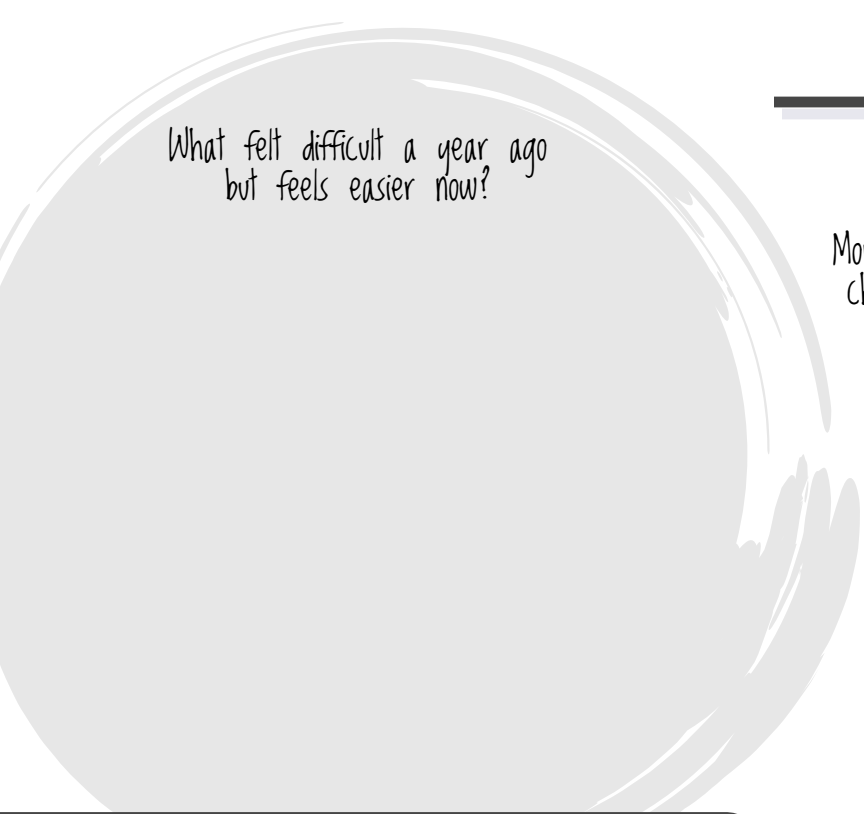




Think of something you lost recently.
What are two positive insights you gained from the experience?

List four times you continued to try even though the odds were against you.

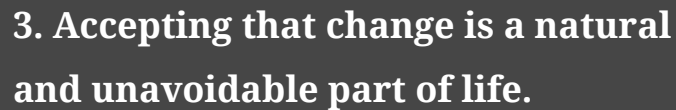
2. Avoiding the tendency to view crises as insurmountable challenges.



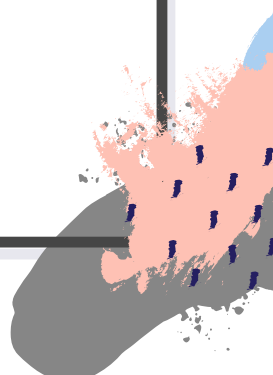
What felt difficult a year ago
but feels easier now?



Moving back through time, remember yourself as a
child. What piece of advice would you give your
future self?



**3. Accepting that change is a natural
and unavoidable part of life.**






Things I want to be, or goals I have	Why I want to be those things, or achieve those goals


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or goals I have

Why I want to be those things,
or achieve those goals

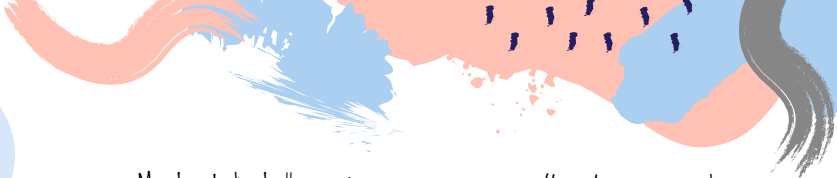

4. Understanding your goals.



List four things you want to remind yourself during difficult times.



5. Taking decisive actions that will help you face your challenges.



My hardest challenge in the past year

How I overcame it

My biggest current challenge

How I can overcome it

Color in each circle to show how you're doing in each area

MIND

BODY

SPIRIT

Where do you fall on the following spectrums?

(Mark with an x)



Where would you like to fall?

(Mark with an O)

6. Looking for opportunities for self-discovery.

You've created so many things out of nothing.

Write about it here: It can be anything, like a friendship, piece of music, or new perspective.

List three traits you'd like others to see in you.

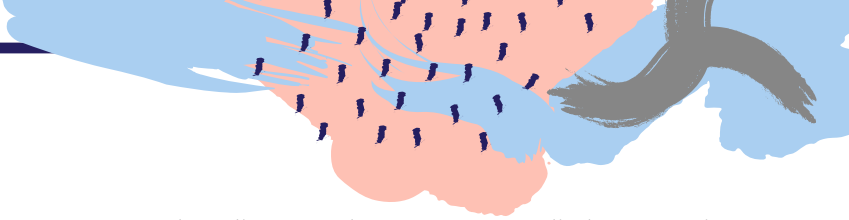
7. Nurturing a positive view of yourself and your abilities.

wear your vulnerability
like a crown;
whether it is made
of thorns or
wildflowers
is up to you.
- the poetry bandit




Think of an issue you've
been approaching logically.

Can you consider this issue
through your heart's lens instead?

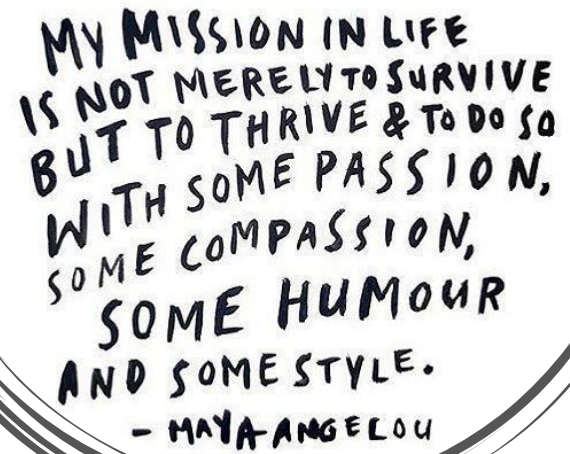


Identify three parts of your life that you wish were
different. Can you come up with a reason you are grateful
for each?

**8. Keeping things in perspective
and in context.**




List five things that always, and immediately, bring
a smile to your face.




MY MISSION IN LIFE
IS NOT MERELY TO SURVIVE
BUT TO THRIVE & TO DO SO
WITH SOME PASSION,
SOME COMPASSION,
SOME HUMOUR
AND SOME STYLE.
- MAYA-ANGELOU

List three aspects of the human condition that you
are grateful for.



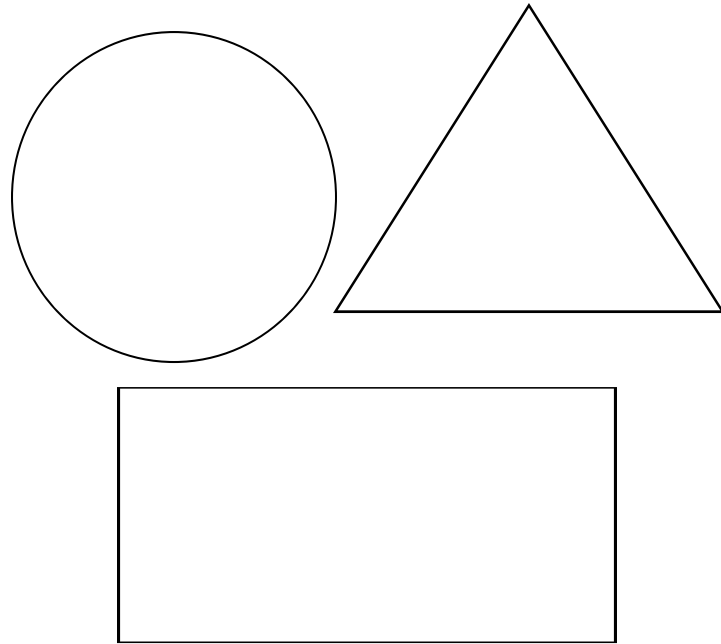
**9. Maintaining a hopeful outlook
on life.**



What are three thoughts that made you smile today?

I am taking
care of myself by

Fill these shapes with resources (people, tools, ideas) that can help you on your journey.



10. Taking care of yourself.

