



Make a Resilience Action Plan

Resilience is a set of skills you can learn and build on over time. Resilience will help you cope with challenges and recover positively afterwards. You can start building resilience anytime and you can increase your resilience with practice.

Think of one challenge you faced and what helped you cope in the past?

- Eating healthy, getting enough sleep and doing something that I enjoy
- Being okay with not doing everything perfectly
- Knowing my strengths

What tools and support do I have in my life to help build my resilience?

- Asking friends, family or counselor for help
- Spending time with family and friends
- Getting help from a community support agency

What new thing can I try to help me overcome my challenge and recover?

- Practicing deep breathing and mindfulness
- Being active and listening to music
- Thankful for the good things in my life
- Letting my kids have challenges and supporting them as they learn to deal with their struggles

Resilience Action Plan

What is one challenge I am facing today?

How do I feel?

- Angry
- Frustrated
- Sad
- Anxious
- Confused
- Other (write down the feeling)

What can I do to help cope with my feelings?

- Get together with friends and family.
- Talk to a mental health professional.
- Get out and be active.
- Deep breathing and meditation.
- Listen to music.
- Other (write own ideas)

What helped me cope or get through a tough time in the past?

What tools and support do I have in my life to help build my resilience?

What new thing can I try to help overcome challenges and recover?

I will put my plan into action on: _____

Adapted from: Ottawa Public Health; Canadian Mental Health Association; Canadian Public Health Association; Mental Illness Caregivers Association; Military Family Services. (2016). Mental Health Caregiver Guide: A guide for caregivers of persons living with mental illness or experiencing mental health challenges. ON: Ottawa Public Health.

Adapted from: Kelty Mental Health Resource Centre. How to Problem Solve. Downloaded April 04, 2017. <http://keltymentalhealth.ca/healthy-livingits-everyone/tools-resources/how- problem-solve>