



FACE CHALLENGES HEAD-ON



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



ACCEPT & ANTICIPATE LIFE CHALLENGES

- Embrace the fact that problems are inevitable.
- Brainstorm a list of helpful things you can do in the next few days to help yourself through a challenging situation. Ask: *Who can I call? Where can I go? What can I do?*

USE AN EFFECTIVE APPROACH FOR MANAGING PROBLEMS

- S** • **STATE** the problem using an “I” statement with an outcome under your control.
- O** • Brainstorm a list of **OPTIONS** you can take.
- L** • **LOOK** at each option and consider all positive and negative aspects of each option.
- V** • **VOTE** and pick the option most likely to solve the problem.
- E** • **EVALUATE** how well the option worked. If needed, consider what you can do to improve the plan or try another approach.

SHIFT ATTENTION TO SOLUTIONS AND HOW THE FUTURE CAN IMPROVE

- Reflect on a recent problem. Ask yourself: *What went well? What didn't go as well? How can I respond better next time?*
- List three things you can do in the next few days to help yourself through a challenging situation.
- Visualize how you want things to look in the short-term and in the future. List 3 things that will bring you closer to that vision. Choose 1 to do this week.

EMBRACE THE POWER OF CHOICE IN YOUR OUTLOOK

- If there is something you can't change, try changing the way you think about it.
- Replace catastrophizing thoughts (“*My life is ruined*”, “*I can't deal with this*”) with factual thoughts (“*This really hurts right now*”, “*I have steps I can take*”).

Adapted from American Psychological Association (APA). 2012 Building your resilience.