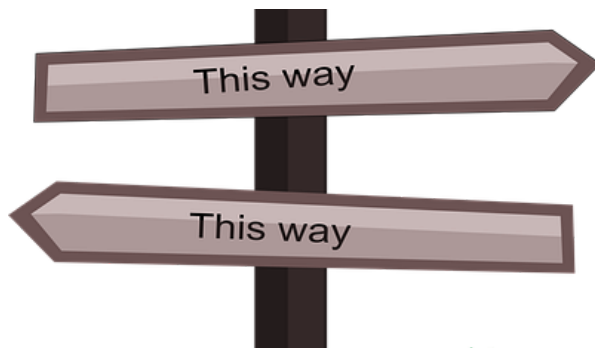




# TAKE DECISIVE ACTION



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



**ACT** when presented with challenging situations. Avoidance and escape may bring momentary relief but are not effective in the long-term. Underlying issues will inevitably resurface until dealt with.

## IDENTIFY PROBLEMS & STRESSES

- Write out all of the problems troubling you, separating them into two columns: things you can control and things you cannot.
- Focus energy on things you CAN control.

## RESOLVE AMBIVALENCE

- Identify 1 challenge you have mixed feelings about changing.
- List the costs & benefits of taking action and NOT taking action.
- Think through how taking action vs not taking action will help you move toward your goals.
- On a scale from 0 (not at all) to 10 (very), determine how ready are you take action.
- Generate a list of reasons you feel ready to take action.

## OVERCOME OBSTACLES

- Select 1 problem you can control.
- Identify obstacles. What thoughts & feelings urge you to want to walk away? What other obstacles keep you from taking action?
- Commit to taking actions that move you toward addressing the problem and overcoming obstacles.

## SET AN INTENTION

- Write down what you intend to do and when you will do it by.
- Plan for how you will overcome any obstacles.
- Set a date to come back and evaluate the outcome.

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