



Find Opportunities for **SELF-DISCOVERY**



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021



Life challenges often teach us something about ourselves, other people, and the world around us. A cornerstone of resilience is the ability to grow THROUGH life challenges, even while feeling vulnerable.

IDENTIFY AREAS FOR GROWTH

- Think about how you would like to grow and select one area to focus on this week.
- Take one action to push yourself toward developing in that area.
- Commit to ongoing actions to develop your growth area throughout the week.



DEVELOP YOUR STRENGTHS

- Make a list of your strengths.
- Each day, remind yourself of one of your strengths.
- Commit to putting 1 strength to use to help yourself or someone else, each and every day .

IDENTIFY YOUR POSITIVE COPING RESPONSES

- List the skills and strategies you have used in the past to get through challenging situations.
- Circle the responses that were helpful and healthy.
- Identify 1 way to put one of your positive coping responses into practice this week.

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