

My resilience plan (The 4 S's)

Support, Strategies, Sagacity, Solution focused behaviours

Devise a personal resilience plan based on your existing resources, to help you maintain your well-being during these difficult times. The table below identifies 4 different resources which increase your resilience when you are feeling stressed, anxious, or overwhelmed.

As you complete the table below, try to recall as many examples of when you have overcome challenges in the past.

You could complete this with friends, family, or colleagues.

Consider what resources were most helpful to you at specific times.

My sources of resilience

Identify supportive people	Identify strategies <i>What 'strategies' did you use to help yourself cope with any negative thoughts or feelings?</i>
Identify sagacity <i>What insight or wisdom did you hold onto or learn?</i>	Identify solution-focused behaviours