



**All the world is full of suffering. It is also full of overcoming.**  
**-Helen Keller**

### My Action Plan for Building Resilience

Name it	Claim it	Overcome it
List a challenge you are facing today.	Repeat this out loud: This challenge is real and it's mine. (ie – Anxiety is real and it's mine)	List three strategies you will use to overcome this challenge.
1.		
2.		
3.		

If you need help thinking of strategies for “overcoming”, read through items on this Resiliency Tools Chart. Check those that you want to “keep doing” and those you’d like to “start to do” or “do more often.” If other resilience-building behaviors come to mind, write them in on the blank lines provided in each section.

What behaviors will I use to build my resilience?	Kudos to you: It takes close to a month for a new behavior to become a habit.	Caution: Set yourself up for success by choosing only a couple areas for self- improvement at a time. Too many and they all become unattainable.	
<b>Physical</b>	<b>Doing Well</b>	<b>Do More</b>	<b>Start Doing</b>
1. Exercise.			
2. Get adequate sleep and rest.			
3. Practice good hygiene and grooming. Dress well.			
4. Use medicine as prescribed, limit alcohol.			
5. Avoid using drugs or tobacco.			
6.			
7.			
<b>Nutritional</b>			
1. Eat a balanced, healthy diet.			
2. Drink an adequate amount of water.			
3. Avoid eating empty calories.			
4. Limit salt, saturated fat and trans fats.			
5. Snack on healthy food.			
6.			
7.			

<b>Medical</b>			
1. Access quality health care.			
2. Get preventative screenings (ie - Blood pressure, diabetes, vision)			
3. Prevent injuries.			
4. Manage and rehab injuries.			
5. Manage chronic health conditions.			
6.			
7.			
<b>Environmental</b>			
1. Recognize and address environmental stressors: • Temperature • Noise and interruptions • Air quality.			
2. Take measures to assure safety and prevent injuries in my home or workplace.			
3. Avoid taking unnecessary risks.			
4. Do things to organize or beautify my home or workplace.			
5.			
6.			
7.			
<b>Psychological</b>			
1. Think and do things to boost my confidence and self-belief.			
2. Think in optimistic ways and change pessimistic thoughts.			
3. Practice mindfulness.			
4. Use active problem-solving behavior.			
5. Identify my feelings and share my feelings with others.			
6. Persist in my efforts, even when encountering difficulty.			
7. Accept uncertainty and ambiguity.			
8. Use re-labeling to help mentally cope with difficulties.			
9. Use physical activity to work-off intense emotions.			
10.			
11.			
<b>Social</b>			
1. Reach out to people and groups who provide positive support: Emotional, informational and/or hands-on-help.			
2. Participate in groups that offer support: In-person groups, online or telephone support groups.			
3. Try to imitate the lives and actions of inspiring individuals.			
4. Enjoy fun activities, hobbies, and socializing with others.			
5. Take time-off from doing work of any kind, and find time to be alone.			
6. If employed outside the home, mentally separate work and home.			
7.			
8.			

<b>Spiritual</b>			
1. Identify the values, beliefs and purpose that give my life meaning			
2. Regularly connect with God or what gives my life meaning			
3. Regularly pray, worship or meditate			
4. Enjoy experiences of nature or the arts			
5. Read written material, watch shows, and listen to music that is inspiring			
6.			
7.			

Adapted from a Partners on the Path 2014 resource

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