

Boosting Resilience: SSRI Worksheet

WHAT THINGS DO YOU DO THAT HELP?	
Think about times when you have struggled or experienced challenges – how did you get through it?	
STRATEGIES Practical things we do	
STRENGTHS Things we draw upon from within ourselves	
RESOURCES Things (or people) we turn to for nourishment, inspiration, guidance or support	
INSIGHTS Ideas, perspectives or sayings we find useful	