

Resilience Plan

Life is difficult, and it can be hard to know what to do when we are struggling. Having a plan ready in advance can help you manage.

This worksheet is a guide for you reflect on how you manage adversity and to create a resilience plan.

Take some time now to identify your strengths and supports.

This outline is a starting point- add anything that is useful to you.

Use this plan when you need support, and remember that taking care of yourself is a priority.

Workplace Adversity

What types of adversity do I face? What do I find the most difficult to manage?

Awareness

What does my life look like when I am doing well?

What are signs that I am struggling?

Resources:

Crisis support: Samaritans 116 123 and <http://www.samaritans.org/>

Managing Exposure

How can I protect myself from adversity?
What can I change, and what can't I change?

How can I process things that I find difficult?
Who can I talk to?

What relationships and activities help me?

How can I create appropriate distance from things that are adverse? What do I need to avoid?

What practical strategies can I use? i.e. routines

How do my thoughts impact managing? How can I reframe negative outlooks?

Indicators

What is resilience for me?

What is burnout for me? What can I learn from past experiences with burnout?