CURRENT RESILIENCY FACTORS

Put a check mark next to those things you feel are strong resiliency strengths in your life today and an N next to those you would like to strengthen.

MENTAL

____ I feel successful at work and/or school.

____ I feel that I make life decisions that are positive to my well being and support my self-care, values and beliefs.

____ People in my workplace, school and personal life believe in my ability to succeed.

____ I enjoy learning new things.

____ My thoughts and opinions are respected by others in my life even if there is disagreement.

____ I accomplish the goals I set for myself.

____ I am perceptive, insightful and understanding of people and situations even when there is disagreement.

____ I can feel strength in being a student as well as a teacher.

____ I have positive mentors in my life.

____ I can find lessons and gifts in difficult times.

____ I can accept the things I cannot change.

____ I can visualize myself reaching my goals and a healthy future.

____ I can be proactive.
EMOTIONAL

___ I have people in my life that love and support me. I have people in my life that are really “there for me.”

___ I take time to nurture myself and treat myself with kindness and respect.

___ I have people in my life who believe in my ability to succeed.

___ I am surrounded by positive people.

___ I can use my voice in friendships, relationships and at work.

___ The messages I give myself are usually positive regarding my abilities and actions.

___ I am involved in positive activities.

___ I maintain healthy boundaries in close relationships.

___ I maintain healthy boundaries in my workplace.

___ I feel self-worth and confidence in myself.

___ I have a full range of emotions: (I can cry, feel joy and play, express appropriate anger, etc.)

___ I have a sense of humor and can laugh even at difficult times.

___ I can state my needs clearly as well as respecting the needs of others.

___ I can be flexible when I hit a roadblock. I am willing to adjust my plans or goals when need be.

___ I can set boundaries when someone attempts to bully me.

___ I reach out to others for support during difficult times in my life.
EMOTIONAL (continued)

____ I can express myself using imagination and creativity.

____ I challenge myself to be positive and avoid negativity.

____ I take responsibility for my feelings, choices, and behavior.

____ I avoid living in extremes or in chaos.

____ I can accept my healthy anger and express it in healthy ways.

____ I can use technology responsibly while living in balance.

____ I can acknowledge my mistakes.

____ I debrief regularly at work and take steps to prevent vicarious trauma and compassion fatigue.

____ I can forgive.

____ I can give and receive in relationships.

____ I can allow myself to be vulnerable.

SPIRITUAL/SOCIAL CULTURAL

____ I have the ability to make and maintain positive relationships.

____ I have faith in something greater than myself.

____ I am involved in a church, temple, or attend ceremony.

____ I feel pride and connection with my culture.

____ I am involved in a group(s) where I feel cared for and valued.

____ I feel a sense of belonging in my community.
SPIRITUAL/SOCIAL/CULTURAL (continued)

_____ I spend time in nature; enjoying the sacred in ordinary things.

_____ I practice mindfulness, yoga or other stress reducing activities.

_____ I feel positive about my future.

_____ I feel compassion for others and spend time giving of myself in service to others in a balanced manner.

_____ I take time to reflect and experience peacefulness.

_____ I surround myself with positive people.

_____ My values are aligned with my actions.

PHYSICAL

_____ I can listen to my body and recognize needs for nourishment and rest and warning signs of stress and life out of balance.

_____ I sleep well (7-8 hours per night).

_____ I eat a healthy diet.

_____ I have a physical exam yearly.

_____ I have a dental exam yearly.

______ I live an addiction free life (free from drugs, alcohol, smoking, excessive exercise, technology)

_____ I take responsibility for my health care.

_____ I exercise regularly (at least 30 minutes 3 times a week).