

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).