

Resilience Building Plan Worksheet

Create a plan for yourself and practice these skills. Be open to not doing all of them perfectly and curious about what you are going to learn about yourself and others in the process.

1. Recognize Your Signs of Stress

- a. Where you feel in your body?
- b. What is your “bad habit” when stressed?

2. Build Physical Hardiness

- a. Make small changes to improve health (better sleep, nutrition, hydration, exercise) and be accountable to someone
 - i. One change I would like to make: _____ Who I'll tell about it: _____

3. Strengthen Relaxation Response—“calm body/calm mind”

- a. Activities at home that help me relax:
- b. Activities at work that help me relax:
- c. Try out relaxation strategies and ways to be more present:
 - i. mindfulness meditation (see apps like www.calm.com, www.headspace.com)
 - ii. self-soothe by doing something comforting related to 1 of the 5 senses
 1. Tactile (hold something soft/comforting/grounding)
 2. Smell (lavender, fresh air)
 3. Visual (puppy photos, look out window at trees)
 4. Auditory (music, sounds of nature)
 5. Taste (tea, chocolate)

4. Use Your Strengths: Describe a time that you were able to overcome or handle a major challenge in your life.

- a. What did you learn about yourself?
- b. What personal strength(s) did you draw upon?
- c. Draw an image of when you are your most resilient
- d. How might you apply this strength now?

5. Increase Positive Emotions on Daily Basis

- a. Sources of joy, humor
- b. Gratitude visit or letter
- c. Accomplishments

6. Engage in Meaningful Activities

- a. Notice regularly what happened in your day that was meaningful
What are those activities/moments?
- b. Activities associated with “flow”

7. Counter Unhelpful Thinking

- a. Write down what you are thinking about when stressed and then ask: What is the worst that could happen AND could I survive it? Best that could happen? Most likely? What would I tell a friend in similar situation?
- b. If you can't stop thinking about a situation, write about it a couple of times over 4 weeks (for about 15 minutes each time) and see how your story changes/becomes clearer.
- c. If you are being hard on yourself, practice self-compassion (see www.selfcompassionquiz.com)
- d. Remember what a hero/coach/mentor said to you that encouraged you-especially when you are doubting yourself (post it somewhere)

8. Create a Caring Community

- a. Connect daily
- b. Identify Your Sources of Support
 - i. Work _____
 - ii. Community _____
- c. Practice good communication/conflict resolution skills (*Difficult Conversations*)

Selected Self-Help Resources

Bickel, J. Not too late to reinvigorate: How midcareer faculty can keep growing. *Academic Medicine*. 2016/10/11. Published online.

Burnett, B. & Evans, D. (2016). *Designing Your Life: How to Build a Well-Lived, Joyful Life*. New York: Alfred Knopf.

Germer, C. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts*. New York: Guilford Press.

Reivich, K. & Shatte, A. (2003). *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles*. New York: Broadway Books.

Stone, D. Batton, B., Heen, S., & Fisher, R. (2010). *Difficult Conversations*. New York: Penguin Books.