**Getting ready to be resilient**

This exercise will help you understand your previous levels of resilience and will help you get ready to be resilient over the next 6 months

1. **Your recent record of resilience**

Look back over the last 6 months to a year and think about times when your resilience levels have felt low or high. Perhaps draw a timeline of how you’ve felt through this time and/or talk it through with someone else. Make some notes about what was going on, and what it felt like when your resilience was highest, and when it was lowest.

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| **What did it feel like when my resilience was high?** | **What did it feel like when my resilience was low?** |
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1. Changes in your levels of resilience

* What patterns or trends do you notice?
* What contributed to any increases in how resilient you’ve felt?
* What contributed to the decreases?

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| **What things contributed to you experiencing higher levels of resilience?** | **What things contributed to you experiencing lower levels of resilience?** |
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3. Planning ahead. Look forward over the next 6 months

* + What’s coming up for you?
  + What are the challenges you will be facing? (personal challenges, work challenges)
  + With each of these key aspects, what are the likely demands they’ll place on you? Will they impact your stress levels?
  + What will you need to have in place to feel ready and resilient for each?

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| **Challenges** | **How will they impact you** | **What do you need to have in place to feel you can cope with them and be resilient?** |
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4. Getting support in place

Think about the people who need to know that you’re using this tool and tell them what you’re doing so that they can support you in an effective way

Who can I tell? Who do I know will support me?

5. Putting everything into action

What are you going to do to start putting this resilience plan into place?

When are you going to start?

How often will you be doing them?