**Starting to build personal resources**

If we want to learn how to become more resilient it is important that we are constantly working on building personal resources. Practise is a key ingredient to this process

To begin building your personal resources there are some starter questions for you to work through to help you identify what things you already have in place

4. What techniques do I have in place and do I use to identify positive emotions?

3. Who offers me support and who am I close to that I regularly see and engage with?

2. How do I use my strengths on a regular basis?

1. What are my strengths?

6. What opportunities throughout the week do I have to practise some self-care?

5. What good physical health habits do I regularly engage in? (Sleep, rest, recovery, exercise, diet, hydration)