

My Action Plan for Building Resilience

Directions: Read through items on the chart. Check those that you want to “keep doing” and those you’d like to “start to do” or “do more often.” If other resilience-building behaviors come to mind, write them in on the blank lines provided in each section.

Physical	Keep Doing	Start Doing More
Exercise		
Get adequate sleep and rest		
Practice good hygiene and grooming; dress well		
Use medicine as prescribed; limit alcohol		
Avoid using drugs or tobacco		
Nutritional	Keep Doing	Start Doing More
Eat a balanced, healthy diet		
Get and adequate intake of fluid		
Avoid eating empty calories		
Limit salt, saturated fat and trans fats		
Snack on healthy foods		
Medical	Keep Doing	Start Doing More
Access quality health care		
Get preventive screenings: E.g. Blood pressure, diabetes, eyes		
Prevent injuries		
Manage and rehab injuries that have occurred		
Manage chronic health conditions		

Environmental	Keep Doing	Start Doing More
Recognize and address environmental stressors: Temperature		
Recognize and address environmental stressors: Noise and Interruptions		
Recognize and address environmental stressors: Air Quality		
Take measures to assure safety in my home or workplace		
Take measures to prevent injuries in my home or workplace		
Avoid taking unnecessary risks		
Do things to organize or beautify my home or workplace		
Psychological	Keep Doing	Start Doing More
Think and do things to boost my confidence and self-belief		
Think in optimistic ways and change pessimistic thoughts		
Practice mindfulness		
Use active problem-solving behavior		
Identify my feelings and share my feelings with others		
Persist in my efforts, even when encountering difficulty		
Accept uncertainty and ambiguity		
Use re-labeling to help mentally cope with difficulties		
Use physical activity to work-off intense emotions		

Resilience Activity #2: What will I do to build my resilience?

Social	Keep Doing	Start Doing More
Reach out to people and groups who provide positive support: Emotional, informational and/or hands-on-help		
Participate in groups that offer support: In-person groups, online or telephone support groups		
Try to imitate the lives and actions of inspiring individuals		
Enjoy fun activities, hobbies, and socializing with others		
Take time-off from doing work of any kind, and time to be alone		
If employed outside the home, mentally separate work and home		
Spiritual	Keep Doing	Start Doing More
Identify the values, beliefs and purpose that give my life meaning		
Regularly connect with God or what gives my life meaning		
Regularly pray, worship or meditate		
Enjoy experiences of nature or the arts		
Read texts, watch shows, and listen to music that is inspiring		

