



**EXERCISE:**

Highlight the tools that are your strengths or that you'd like to build. What's your unique blend of resilience stew?

- Optimistic thinking
- Helping others helps cope with extreme stress
- Having a moral compass (beliefs that cannot be shattered)
- Faith/spirituality
- Humour
- Having a role model
- Strong supportive relationships
- Facing fear (leaving one's comfort zone)
- Having a mission or a strong sense of meaning in life

## My Wins of the Week

We always feel we haven't done enough or tend to focus on what we haven't done. Tune out your negativity bias by writing down all of the things that you did do/did accomplish/did complete or get started on this week.

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A core competency of resilience is self efficacy - the belief that you can get through this based on past experience.



**Have conversations at home about when family members have demonstrated each of the resilience tools listed above, and how did that help?**

When you draw your kids attention to the times they have navigated tough times before, you are building their belief that they can cope.

## In tough moments practice self compassion.

REPEAT:

- It's alright, this is a moment of suffering.
- Suffering is normal, everyone struggles at times. I'm normal. I'm not alone.
- How can I be kind to myself right now?

Kristen Neff [www.self-compassion.org](http://www.self-compassion.org)

Cut me out and stick me on your fridge

**PEPTALK**

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