

# RESILIENCE BUILDING SKILLS

**RESILIENCE** is our ability to thrive, adapt, and cope despite tough and stressful times. The more resilient we are, the stronger, wiser, and more flexible we become.

Resilience is grown through **CONNECTION**. Just like any other skill, the more we practice building our resilience, the stronger our resilience will be!

There are many ways to connect with others and take care of our relationships:

REGULARLY  
CHECK IN  
WITH YOUR  
LOVED ONES

ASK QUESTIONS  
AND LISTEN TO  
UNDERSTAND

SET ASIDE  
PHONES FOR A  
MOMENT

OFFER  
KINDNESS

DO AN  
ACTIVITY  
TOGETHER

ASK FOR AND  
OFFER HELP  
WHEN NEEDED

Others? \_\_\_\_\_

There are also many ways to connect with a sense of higher purpose:



**REFLECT:**

1. Who are some of the people that are most important to you?
2. In the last week, how have you connected with someone who is most important to you?
3. What is most important to you in life?
4. In the last week, how have you connected to something that is important to you?

**CHALLENGE:**

If you find that you did not connect to someone and/or something most important to you in the past week, that's okay! For the next week, plan out how you will connect to **WHO** and **WHAT** is most important to you.

	MON	TUES	WED	THURS	FRI	SAT	SUN
How I will connect with <b>WHO</b> is most important to me							
How I will connect with <b>WHAT</b> is most important to me							

1. Who are you going to share your plan with to help hold you accountable?
2. What did you notice about yourself after a week full of connecting?

**SHARE WITH SOMEONE YOU TRUST ABOUT HOW YOU ARE CONNECTING TO WHO AND WHAT IS MOST IMPORTANT TO YOU.**

