

Resilience

The ability to bounce back from a negative event

Building resilience is a little like building a wall. We need to build up different areas of our lives so they can support our sense of wellbeing when times are tough. Those areas form the bricks of our walls. If one brick is damaged or becomes dislodged the wall remains in tact.



Relationships:
the connections
we form with
others

Physical Activity:
includes dancing,
sports,
gardening,
housework, dog
walking, etc.



Eating a Healthy Varied Diet that provides the body and mind with the nutrients it needs to function well.

Rest and Relaxation: making time to consciously unwind.



Meaningful Occupation:
Activities that provide a sense of purpose and value.

Spirituality:
A sense that we are part of something bigger than ourselves.



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Wall of Resilience

The image shows a grid of 18 rectangular boxes arranged in 6 rows and 3 columns. Each box is intended for a user to write an activity that contributes to their resilience. The boxes are arranged in a staggered pattern, with the top row having three boxes, the second row having two boxes shifted to the left, the third row having three boxes, the fourth row having two boxes shifted to the left, the fifth row having three boxes, and the sixth row having two boxes shifted to the left. Each box is outlined with a black border and has a small semi-circular notch at the top center, giving it the appearance of a brick.

What makes up your wall of resilience? Think about the activities in your life that help you to maintain your wellbeing and withstand stress and fill those in on the bricks above.