

BUILDING RESILIENCE

My five



HAND OUT

Some challenges last for a long time. When facing a difficult situation, it is best to have a range of coping strategies. Strategies which are useful in one situation may not be useful in another.

- Visit a favourite person
- Party/socialise
- Play computer games
- Prioritise (put the most important things first)
- Have a shower
- Go for a run
- Talk it over
- Ask for help
- Work harder
- Meditate
- Think positively about how things will turn out
- Watch television
- Go out
- Listen to music
- Exercise
- Joke or laugh
- Problem-solve
- Set goals
- See a counsellor
- Write about it
- Go shopping
- Call friends
- Walk the dog
- Go for a ride



BUILDING RESILIENCE

My five (cont...)



HAND OUT

STRESSFUL SITUATION:

My five:

- 1.
- 2.
- 3.
- 4.
- 5.

STRESSFUL SITUATION:

My five:

- 1.
- 2.
- 3.
- 4.
- 5.

