

Resilience Tool Kit

Having a resilience tool kit can help us through the times when we need it most. It can remind us of our strengths, the importance of self-care, and how we can nourish our bodies and minds. You can use some of my other online resources to help you create this.

<p>Resources that I find useful such as self-help books, Wheel of Life, SHIFTS storyboard, examples of resilience, positive music playlist, support groups, telephone helplines, uplifting websites or therapy</p>	
<p>Practical things that I enjoy such as exercise, gardening, listening to music, mindfulness meditation, singing, cooking healthy foods or baking, painting, drawing or crafting</p>	
<p>Strengths that I can draw on within myself such as sense of humour, flexibility, courage and determination</p>	
<p>People who I can turn to that have a positive effect on my mental health such as friends, family or mentors</p>	
<p>Insights or other ideas such as sayings that I find useful, i.e. 'this will pass'</p>	

