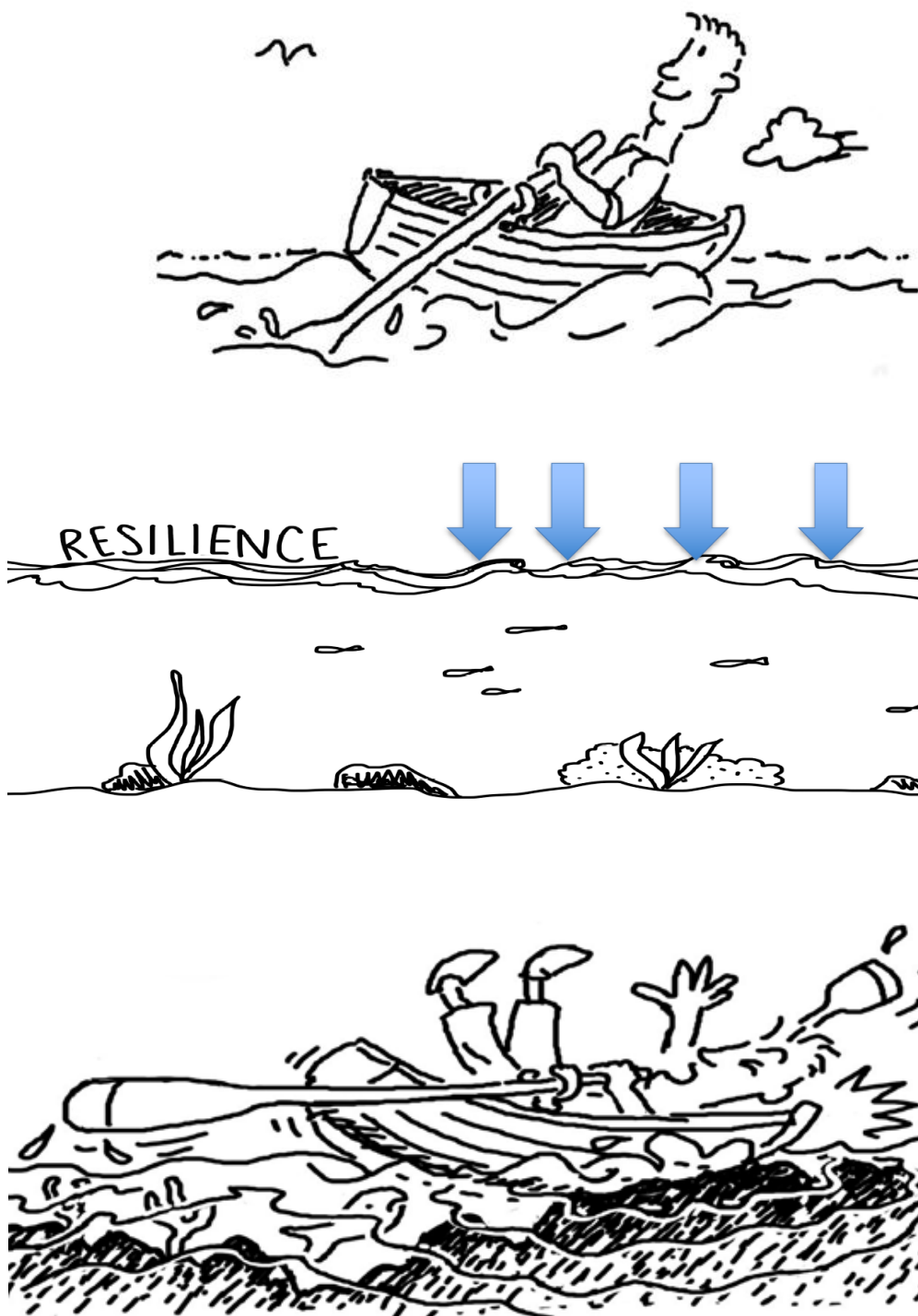


Building Your Resilience Toolkit

We're more likely to crash into the rocks when the water level is low. Resilience is like the water level. Let's consider what you can do to raise your resilience water level and support your wellbeing, so that you can navigate any rocky patches more successfully.



How? The Boat and Water Level Process

1. Draw a horizontal line to represent the 'water level' of your resilience.
2. Identify any background factors that have a negative effect on your resilience (even if small effects). Represent these by drawing arrows pushing the line downwards.
3. Identify any background factors having a positive influence on your resilience. Represent these by drawing arrows pushing the water level line upwards (see diagram below). Anything that lifts the line strengthens or supports resilience.

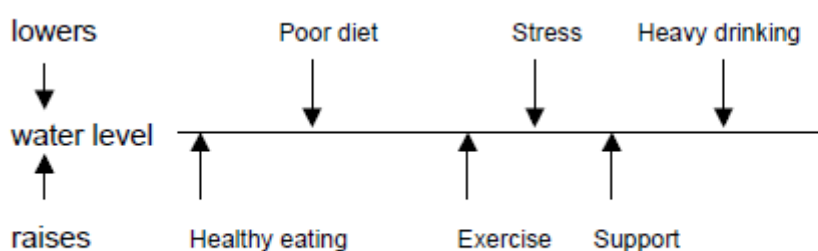


Fig 1: Identifying background factors influencing our resilience

4. Consider specific practical steps you can take to raise your water level – are there any downward arrows you can remove or reduce or find ways to counter? Are there any upward arrows you can give more attention to so that they grow stronger?

Please draw in upward or downward arrows here to represent factors you recognise that influence your resilience. Then identify areas you can give attention to that might help your resilience grow.

Things that reduce or undermine my resilience include:



Things that support or strengthen my resilience include:



Now try this:

Remember a time when you faced something difficult and got through in a way you now feel pleased about. What helped you do that? How can you tap this to support you now?

Strategies Practical things we do	E.g. going for a walk
Strengths We draw upon within ourselves	E.g. courage or sense of humour
Resources We turn to for inspiration, guidance or support	E.g. People we trust or walking in nature
Insights Ideas, perspectives or approaches we find useful	E.g. Watching a TED talk or using mantras to strengthen resolve i.e. 'this too shall pass'

Source:

This handout is adapted from 'Find your Power: a toolkit for resilience and positive change' by Dr Chris Johnstone, 2010.