

# HOW I STAY RESILIENT

A SERIES OF JOURNAL PROMPTS FOR \_\_\_\_\_ .

(your name)



# RESILIENCY TIP:

Ask yourself these questions when things feel tough:



- ♥ How have I gotten through tough times before?
- ♥ What skills do I have that will help me get through this?
- ♥ Who do I have around me who helps me when things are hard?

## JOURNAL IT...

How have I gotten through tough times before?

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What skills do I have that will allow me to get through this?



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Who do I have around me who helps me when things are hard?

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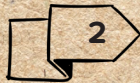
# RESILIENCY TIP:



Make note of what you have in your “Coping Toolkit”.



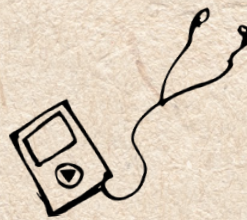
First, take a look through our ‘Helpful Ways of Coping’ and ‘Not So Helpful Ways of Coping’ lists.



Next, use our journal prompt to make note of what Helpful Coping strategies work best for you, and which Not So Helpful Ways of Coping mechanisms you need to avoid.

## Helpful Ways of Coping:

- Getting enough sleep
- Taking breaks
- Eating a healthy diet
- Allowing yourself to receive as well as give
- Connecting with others
- Moderating TV exposure
- Deep breathing or mindfulness
- Coping skills phone apps
- Watching your favorite movie
- Exercising
- Taking care of pets & plants
- Using spiritual resources
- Balancing work, play, and rest
- Gratitude practice
- Listening to music and podcasts
- Reading
- 
- 





# Not So Helpful Ways of Coping:

- Not getting enough rest or sleep
- Overworking
- Problematic gambling
- Substance use
- Isolating from others
- Watching too much television
- Being overly controlling to try and regain sense of control
- Consuming high amounts of upsetting news
- Spending too much time with activities and people that can be “emotionally tiring”
- Avoiding
- Spending too much money
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## JOURNAL IT...



The best coping strategies for me that are helpful are:

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I need to avoid the following not so helpful ways of coping:

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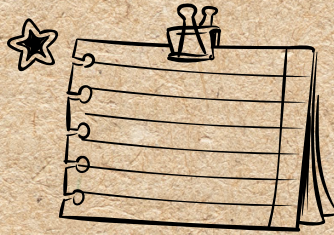




# RESILIENCY TIP:

Take note of the positive moments in **EVERY** day.

Writing down these details can help you to build a resilient mindset for when tough moments arise.



## JOURNAL IT...



What surprised me in a **GOOD** way today?

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What was the most beautiful thing I saw today?

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What made me laugh today?

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What new thing did I try or learn today?

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# RESILIENCY TIP:

Maintain a regular routine and tune in to how you feel each day.



Jotting down the inner workings of your day can give you a way to let go of each day's struggles.

# JOURNAL IT...

**SUNDAY:**

What emotions did I feel most today?

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How did I overcome a struggle today?

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How did I move my body today?

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How did I rest my body today?

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What did I eat today?

Breakfast:

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Lunch:

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Dinner:

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Snacks:

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Water consumption:

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 (oz)

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**MONDAY:**

What emotions did I feel most today?

\_\_\_\_\_

How did I overcome a struggle today?

\_\_\_\_\_

How did I move my body today?

\_\_\_\_\_

How did I rest my body today?

\_\_\_\_\_

**What did I eat today?**

**Breakfast:**

\_\_\_\_\_

**Lunch:**

\_\_\_\_\_

**Dinner:**

\_\_\_\_\_

**Snacks:**

\_\_\_\_\_

**Water consumption:**

\_\_\_\_\_ (oz)

**TUESDAY**

What emotions did I feel most today?

\_\_\_\_\_

How did I overcome a struggle today?

\_\_\_\_\_

How did I move my body today?

\_\_\_\_\_

How did I rest my body today?

\_\_\_\_\_

**What did I eat today?**

**Breakfast:**

\_\_\_\_\_

**Lunch:**

\_\_\_\_\_

**Dinner:**

\_\_\_\_\_

**Snacks:**

\_\_\_\_\_

**Water consumption:**

\_\_\_\_\_ (oz)





**WEDNESDAY:**

What emotions did I feel most today?

\_\_\_\_\_

How did I overcome a struggle today?

\_\_\_\_\_

How did I move my body today?

\_\_\_\_\_

How did I rest my body today?

\_\_\_\_\_

**What did I eat today?**

**Breakfast:**

\_\_\_\_\_

**Lunch:**

\_\_\_\_\_

**Dinner:**

\_\_\_\_\_

**Snacks:**

\_\_\_\_\_

**Water consumption:**

\_\_\_\_\_ (oz)

**THURSDAY:**

What emotions did I feel most today?

\_\_\_\_\_

How did I overcome a struggle today?

\_\_\_\_\_

How did I move my body today?

\_\_\_\_\_

How did I rest my body today?

\_\_\_\_\_

**What did I eat today?**

**Breakfast:**

\_\_\_\_\_

**Lunch:**

\_\_\_\_\_

**Dinner:**

\_\_\_\_\_

**Snacks:**

\_\_\_\_\_

**Water consumption:**

\_\_\_\_\_ (oz)





**FRIDAY:**

What emotions did I feel most today?

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How did I overcome a struggle today?

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How did I move my body today?

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How did I rest my body today?

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**What did I eat today?**

**Breakfast:**

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**Lunch:**

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**Dinner:**

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**Snacks:**

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**Water consumption:**

\_\_\_\_\_ (oz)

**SATURDAY:**

What emotions did I feel most today?

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How did I overcome a struggle today?

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How did I move my body today?

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How did I rest my body today?

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**What did I eat today?**

**Breakfast:**

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**Lunch:**

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**Dinner:**

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**Snacks:**

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**Water consumption:**

\_\_\_\_\_ (oz)





# I AM RESILIENT

