

# Resilience Plan

---

Life is difficult, and it can be hard to know what to do when we are struggling. Having a plan ready in advance can help you manage exposure to adversity.

This worksheet is a guide for you to create a resilience plan, and reflect on how you manage adversity. It is also to help identify supports for you when you need them. This outline is evidence-based, and it is also a starting point. Add anything else that is useful to you.

Revisit this plan when you need support, and remember that taking care of yourself is a priority.

## Workplace Adversity

What types of adversity do I face? What do I find the most difficult to manage?

## Awareness

What does my life look like when I am doing well?

What are signs that I am struggling?

# Managing Exposure

How can I protect myself from adversity?  
What can I change, and what can't I change?

How can I process things that I find difficult?  
Who can I talk to?

What relationships and activities help me to manage  
adversity?

How can I create distance from things that I find to  
be adverse? What do I need to avoid?

# Indicators

What is resilience for me?

What is burnout for me? What can I learn from  
past experiences with burnout?

**Other supports and resources:**

Crisis support: