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.
This worksheet is a guide for you reflect on how you manage adversity and to create a resilience plan.
Take some time now to identify your strengths and supports.
This outline is a starting point- add anything that is useful to you.

Use 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?

Resources:
Crisis support: Samaritans 116 123 and http://www.samaritans.org/
## Managing Exposure

<table>
<thead>
<tr>
<th>How can I protect myself from adversity? What can I change, and what can’t I change?</th>
<th>How can I process things that I find difficult? Who can I talk to?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What relationships and activities help me?</td>
<td>How can I create appropriate distance from things that are adverse? What do I need to avoid?</td>
</tr>
<tr>
<td>What practical strategies can I use? i.e. routines</td>
<td>How do my thoughts impact managing? How can I reframe negative outlooks?</td>
</tr>
</tbody>
</table>

## Indicators

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