



My Action Plan for Building Resilience

Page 1

| What behaviors will I use to build my resilience? Directions: Read through items on the chart. Check those that you want to “keep doing” and those you’d like to “start to do” or “do more often.” If other resilience-building behaviors come to mind, write them in on the blank lines provided in each section. | Keep Doing | Start Doing Do More |
|---|------------|------------------------|
| Physical | | |
| 1. Exercise. | | |
| 2. Get adequate sleep and rest. | | |
| 3. Practice good hygiene and grooming; dress well. | | |
| 4. Use medicine as prescribed; limit alcohol. | | |
| 5. Avoid using drugs or tobacco. | | |
| 6. | | |
| 7. | | |
| Nutritional | | |
| 1. Eat a balanced, healthy diet. | | |
| 2. Get and adequate intake of fluid. | | |
| 3. Avoid eating empty calories. | | |
| 4. Limit salt, saturated fat and trans fats. | | |
| 5. Snack on healthy foods. | | |
| 6. | | |
| 7. | | |
| Medical | | |
| 1. Access quality health care. | | |
| 2. Get preventive screenings: E.g. Blood pressure, diabetes, eyes. | | |
| 3. Prevent injuries. | | |
| 4. Manage and rehab injuries that have occurred. | | |
| 5. Manage chronic health conditions. | | |
| 6. | | |
| 7. | | |
| Environmental | | |
| 1. Recognize and address environmental stressors: | | |
| <ul style="list-style-type: none"> • Temperature | | |
| <ul style="list-style-type: none"> • Noise and interruptions | | |
| <ul style="list-style-type: none"> • Air quality. | | |
| 2. Take measures to assure safety in my home or workplace. | | |
| 3. Take measures to prevent injuries in my home or workplace. | | |
| 4. Avoid taking unnecessary risks. | | |
| 5. Do things to organize or beautify my home or workplace. | | |
| 6. | | |
| 7. | | |

My Action Plan for Building Resilience

Page 2

| What behaviors will I use to build my resilience? | Keep Doing | Start Doing Do More |
|--|------------|------------------------|
| Psychological | | |
| 1. Think and do things to boost my confidence and self-belief. | | |
| 2. Think in optimistic ways and change pessimistic thoughts. | | |
| 3. Practice mindfulness. | | |
| 4. Use active problem-solving behavior. | | |
| 5. Identify my feelings and share my feelings with others. | | |
| 6. Persist in my efforts, even when encountering difficulty. | | |
| 7. Accept uncertainty and ambiguity. | | |
| 8. Use re-labeling to help mentally cope with difficulties. | | |
| 9. Use physical activity to work-off intense emotions. | | |
| 10. | | |
| 11. | | |
| Social | | |
| 1. Reach out to people and groups who provide positive support: Emotional, informational and/or hands-on-help. | | |
| 2. Participate in groups that offer support: In-person groups, online or telephone support groups. | | |
| 3. Try to imitate the lives and actions of inspiring individuals. | | |
| 4. Enjoy fun activities, hobbies, and socializing with others. | | |
| 5. Take time-off from doing work of any kind, and time to be alone. | | |
| 6. If employed outside the home, mentally separate work and home. | | |
| 7. | | |
| 8. | | |
| Spiritual | | |
| 1. Identify the values, beliefs and purpose that give my life meaning. | | |
| 2. Regularly connect with God or what gives my life meaning. | | |
| 3. Regularly pray, worship or meditate. | | |
| 4. Enjoy experiences of nature or the arts. | | |
| 5. Read texts, watch shows, and listen to music that is inspiring. | | |
| 6. | | |
| 7. | | |