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Resilience toolkit

What you can do more of

What are you currently doing to cope?

Before we take a look at all the positive things you can do to build your resilience, I want you to first have a look at all the ways you may be coping with stress right now that aren't so positive for you. Take a look at the list below and circle each one that applies to you.

- Drinking alcohol
- Using illegal drugs
- Abusing prescription drugs
- Watching TV excessively
- Sleeping too much
- Withdrawing from your friends and isolating yourself
- Smoking cigarettes
- Gossiping
- Lashing out angrily on those close to you
- Spending too much time at work to avoid going home
- Exercising excessively
- Complaining to anyone who will listen
- Making a big drama out of your problems
- Self harm
- Avoiding your problems
- Denying there's a problem

Now take a look at the list below. This is a list of positive things you can do to de-stress, relax and improve your mood. Tick the ones you do at the moment, then circle the things you would like to try, or do more of.

- Going for a walk
- Meditating
- Talking to friends
- Going to do something fun
- Playing with your kids
- Make a list of things you find fun to do, and do something from the list
- Revisit your list from the lesson “state change”
- Watch a movie
- Watch some comedy
- Go to a live comedy show
- Go to the beach
- Go to the closest body of water (lake, pond, ocean)
- Sit in the sunshine

- Read a book
- Have a relaxing bath or a hot shower
- Use some relaxing essential oils
- Have a holistic treatment like Reiki, reflexology or massage
- Go for a coffee and chat with a friend
- Do some artwork
- Take up a new hobby
- Go for a bike ride and observe the scenery
- Set some goals around how you can move forward through this challenging time
- Have some quality alone time
- Add humour to your stressful situation
- Have an afternoon nap
- Eat some nourishing, healthy foods
- Have a yummy veggie shake or green smoothie
- Stretch your body
- Reach out to someone and offer them support
- Volunteer for a charity such as an animal rescue shelter
- Write out a list of all the things in your life you can be grateful for
- Journal – write out your feelings
- Write a story
- Do a word search or crossword puzzle
- Play a board game like monopoly
- Play music – put on your favourite tune and dance around the house
- Play a musical instrument
- Pamper yourself – do your nails, hair, makeup, put on a face mask or face scrub
- Have a good cry if you need to
- Punch a punching bag or go to a boxercise class
- Go shopping
- Clean the house
- Declutter your wardrobe
- Hug someone
- Jump on a trampoline
- Do some gardening
- Smile

Feel free to add to the list above if anything else comes to mind. Compare this list with the list you had/added to in the break state lesson. Create a list of things that you really love to do that you know improve your mood, and keep that list somewhere you'll see it all the time.

When you aren't feeling good, reflect on that list and choose something you can do to lift your mood.

This may feel like we are going over this again as we have spoken about some of these things in previous lessons, but the idea is that we re-hash it so that it sinks in, and becomes something you automatically think of when you don't feel good.

Becoming more resilient

Another thing you can do is reflect on those things that resilient people do to maintain their resilience. Have a look at the list below, and jot down 1-3 things that you can do to improve in that area of your life.

Resilient people know their boundaries.

I can improve my boundaries by

- 1.
- 2.
- 3.

They surround themselves with a team of the right people.

The positive people in my life, who I know I can rely on and choose to spend more time with are:

- 1.
- 2.
- 3.

Note – if you are stuck choosing even one positive person in your life, then aim to find ways that you can connect with more supportive people. If you feel that you are quite isolated, then getting on the internet is a great place to start – tap into my group [From Surviving to Thriving](#) for support.

They cultivate self awareness.

Three ways that I can become more self aware are:

- 1.
- 2.
- 3.

They practice acceptance.

Three ways I can be more accepting in life are:

- 1.
- 2.
- 3.

They are willing to sit in silence.

I can commit to spending more time in silence and will plan to fit it in to my week on these days:

- 1.
- 2.
- 3.

They don't have all the answers.

I am willing to acknowledge that it's ok not to have all the answers all of the time.

Yes/No

They have a menu of self-care habits.

Three things I can do for my own self care are (see above list if you get stuck):

- 1.
- 2.
- 3.

They lean on their team for support.

I know I can lean on my friends for:

1. Fun – which friend?
2. A shoulder to cry on – which friend?
3. Someone to listen to me – which friend?

They look at the possibilities.

Three ways I can look differently at my current situation are:

- 1.
- 2.
- 3.

They do a brain dump.

Three ways I can get what's out of my over-analytical mind, out of my mind are:

- 1.
- 2.
- 3.

Examples could be journalling, writing a story, writing poetry, a song, singing, creating some comedy, speaking to a friend.

Enjoy!

Coach Carly xx