Resilience

The ability to bounce back from a negative event

Building resilience is a little like building a wall. We need to build up different areas of our lives so they can support our sense of wellbeing when times are tough. Those areas form the bricks of our walls. If one brick is damaged or becomes dislodged the wall remains in tact.



Relationships: he connections we form with others

Physical Activity: includes dancing, sports, gardening, housework, dog walking, etc.

time to consciously unwind.



Eating a Healthy Varied Diet that provides the body and mind with the nutrients it needs to function





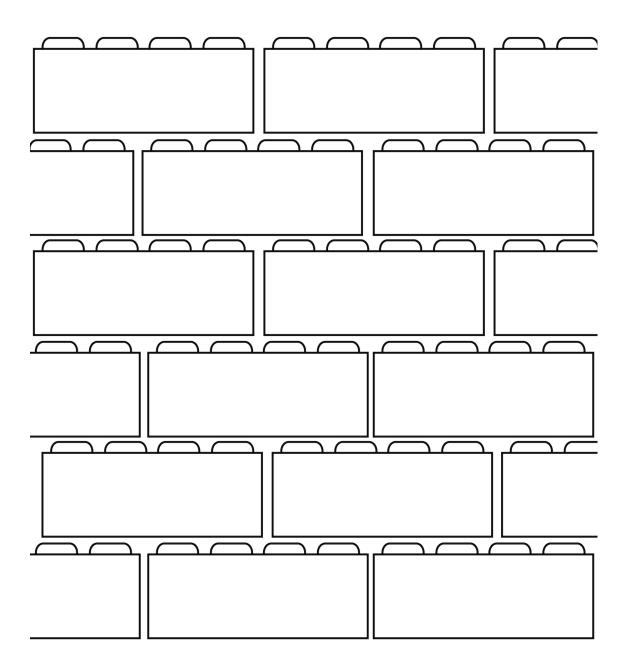
Meaningful Occupation: Activities that orovide a sense of purpose and value.

Spirituality: A sense that we are part of something bigger than ourselves.



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Wall of Resilience



What makes up your wall of resilience? Think about the activities in your life that help you to maintain your wellbeing and withstand stress and fill those in on the bricks above.