

## Printable Free Resilience Worksheets

### What is Resilience:

It is the ability to withstand shock and emotional issues, bounce back from any traumatic event, and become stronger.

### Characteristics of resilience include:



Following are the tips regarding improving your resilience. Read them carefully and practice them when faced with a stressor.

<i>Get adequate sleep.</i>	<i>Practice self-compassion.</i>	<i>Step outside of your comfort zone.</i>
<i>Embrace change.</i>	<i>Keep improving yourself.</i>	<i>Be flexible.</i>
<i>Believe in yourself.</i>	<i>Be optimistic.</i>	<i>Be prepared to take on the challenge.</i>
<i>Move on in life.</i>	<i>Think about your achievements.</i>	<i>Give yourself positive messages.</i>
<i>Exercise.</i>	<i>Take swift action after thinking carefully.</i>	<i>Set goals.</i>
<i>Believe in your Abilities.</i>	<i>Learn from your experiences.</i>	<i>Keep a check on yourself.</i>

