

BUILDING RESILIENCE IN COMMUNITIES

RESILIENCE is the process of adapting well in the face of significant sources of stress.

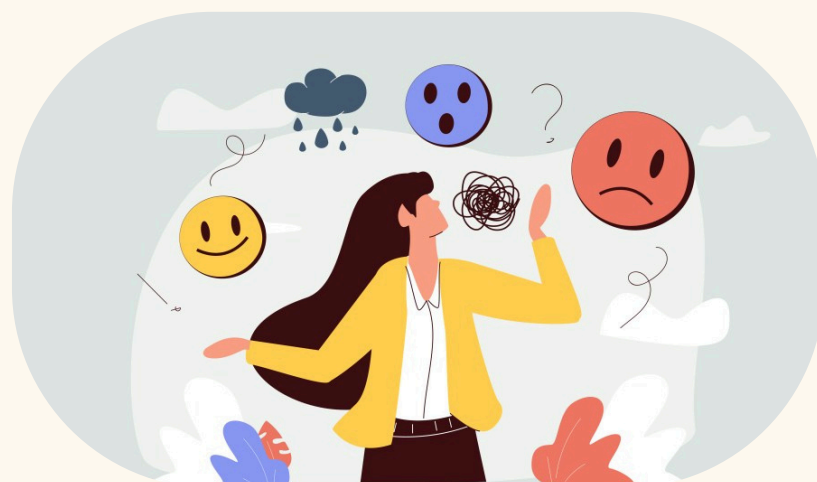
Try these tools and exercises FOR BUILDING RESILIENCE.

AWARENESS

Recognising thoughts, emotions, and bodily sensations in the present moment.

EXERCISE 1: What do I physically feel in my body? What emotions are present with me?

EXERCISE 2: 5 MINUTE JOURNAL (What am I grateful for today? What is one thing I learned today?)



SELF-REGULATION

Ability to recognise and balance emotional states without suppressing or being overwhelmed by them.

EXERCISE: Guided 5 minute meditation



CONTACT

Authentic connection with ourselves, others and the environment.

EXERCISE: Call your best friend or someone you feel secure with and make an appointment once a week - express being thankful for the relationship you share with them.



ADAPTABILITY

Resilience is not rigidity but the ability to adapt to changes while remaining true to yourself.

EXERCISE: Draw the most beautiful flower (like it were for an art exhibit), and halfway through switch with a person and complete the drawing you got from your partner.

REFLECTION: How well did you adapt to the switch? How do you feel at the end?

AUTONOMY AND RESPONSIBILITY

Taking conscious responsibility for our choices and actions.

EXERCISE: Write down 7 things you blame others for. Then transform those sentences, and write them in 1st person. **EXAMPLE:** Everyone makes me feel like an outcast. → I isolate myself from the community.



SUPPORT AND COMMUNITY

Resilience is not developed in isolation.

EXERCISE: Write a letter to your community.

“I am grateful for...”

“I love your...”

“You mean to me...”

“You are giving me...”