



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 • Noise and interruptions • 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.		

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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.		