



STAYING RESILIENT IN THE FACE OF COVID-19 WORKSHEET

Hopefully, you've found your *Personal Model of Resilience* has been helpful in addressing the many challenges COVID-19 is presenting. If so then it can be helpful to complete the Staying Resilient in Face of COVID-19 worksheet.

Write down the strengths and strategies you've found helpful whilst using this approach. You can then refer back to this if you find yourself struggling with challenges imposed by COVID-19 or general life hassles again in the future. Like us all, you will face these at this difficult time.

Strengths I now recognise I have

Strategies I already have found helpful in challenging situations

New strategies I have learnt working through this workbook

Things that helped me put these strategies into practice

Sources of support that can help me

