

My Resilience Plan

People I can call or talk to for help:

- _____
- _____
- _____



How I can look after myself:

- _____
- _____
- _____
- _____



My strengths:

1 _____

2 _____

3 _____

What has helped me
in the past:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Advice I would give a friend:

- _____
- _____
- _____
- _____
- _____
- _____