

Stop. Think. Write.  
Who embodies a “resilient person” in your life? Why?

Stop. Think. Write.  
Take a moment to reflect on a difficult or challenging time in your life. How did you overcome that challenge? What did you learn about yourself throughout that process?

Stop. Think. Write.  
How might resiliency be different or the same for students from historically marginalized backgrounds? (e.g. 1st generation students, students of color, students from low-income backgrounds, lgbt+ students)

***Don't feed the gremlins!***

Stop. Think. Write.  
What are some of your gremlins?

“Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough. It’s going to bed at night thinking, Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.” –Brene Brown

# Personal Strategies to Build Resiliency

Development of self-care strategies is essential in building your resilience. Practicing frequent self-care activities can assist you in managing your daily stressors as well as helping you cope through times of greater adversity. Self-care strategies can boost your feelings of competence and feelings of wellbeing.

“I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.”  
– Audre Lorde

Recognizing stressors and problems and dealing with them in a timely and manageable way can help you deal with stress and adverse situations or events.



## The Balanced Resiliency Template



