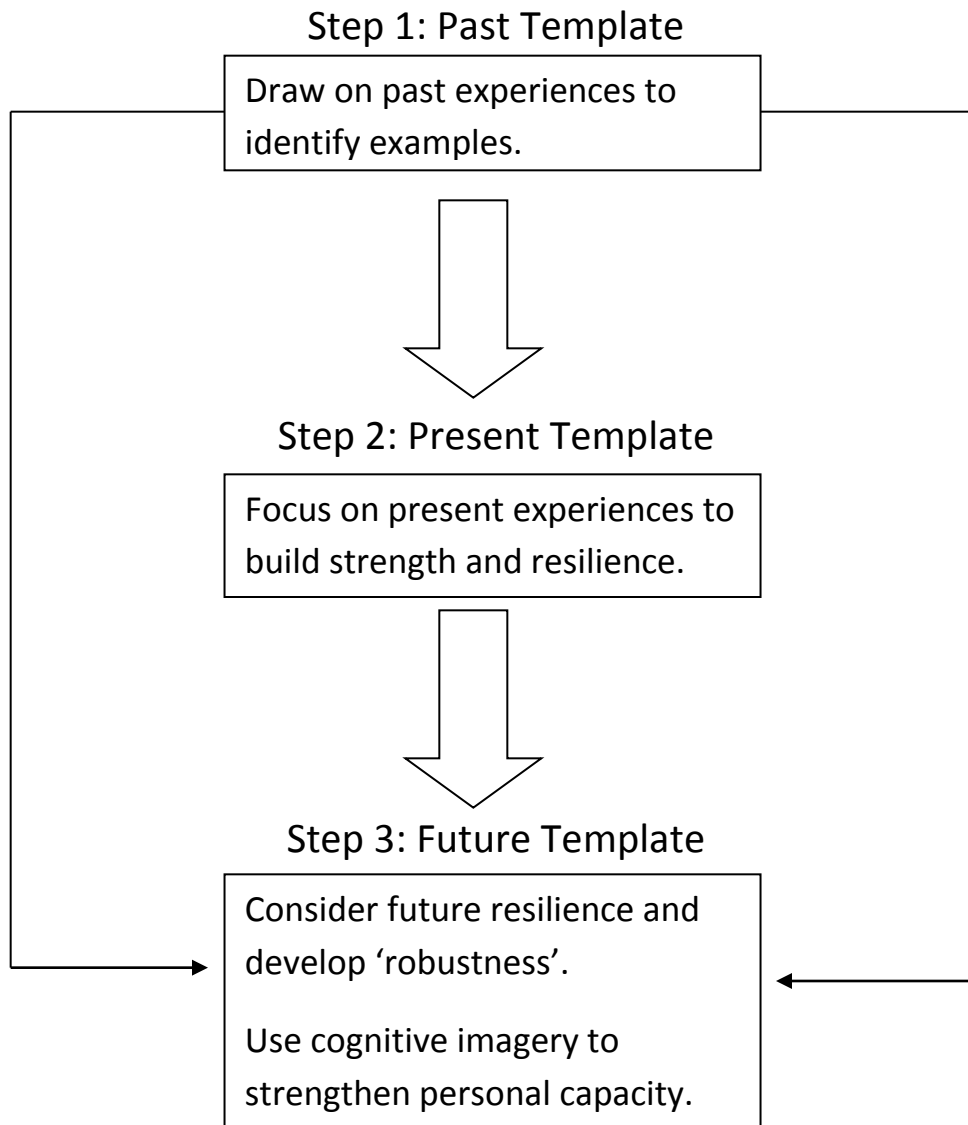


## Building Resilience:

### 3 Step Model



## Factors to Build Resilience

- Personal strengths
- Resourcefulness
- Sense of control
- Sense of humor
- Ability to be self sufficient
- Hope/optimism
- Problem solving skills
- Impulse control
- Faith/religion/values
- Stray role models
- Support networks
- Emotional support
- Safety



## 1. Questions to build resilience:

### 1.

- What sorts of things are helping you to get through/manage your problems at the moment?
- Is there anything that you do that seems to help you, even a little, to feel less depressed/ anxious?
- What sort of challenge have you experienced in the past and what did you do to help yourself manage these?
- What would you describe as your strengths as a person?
- What would someone who cared about you say in describing your strengths as a person?
- What helps you get through your day/ this situation?
- When you say you... e.g. go to work, take the children to school, look after your pet cat... how do you do that?