

# WHO ARE YOUR RESILIENCE ROLE MODELS?

**RESILIENCE** is our ability to thrive, adapt, and cope despite tough and stressful times.

## REFLECT:

**Think of someone you see as resilient.**

This can be somebody you know right now, somebody you knew, a famous person, a fictional character. Think about a time they demonstrated their resilience.

1. What is it about that person that makes them resilient?
  
  
  
  
  
  
  
  
  
  
2. What skills have you seen them use to get through difficulties and get out on the other side stronger?
  
  
  
  
  
  
  
  
  
  
3. Who did you lean on for support?
  
  
  
  
  
  
  
  
  
  
4. The next time you feel this emotion, how might you react the same?



**Reflect on yourself.**

1. How are you resilient?

2. What is an example of a time that you went through a difficult thing and got through it?

3. What skills did you use to get through it?

4. Who did you lean on?

5. What is it like to reflect on this knowing you came through stronger?



## WHO HELPED BUILD YOUR RESILIENCE?

1. Who has helped you build your resilience?  
This person could be in your life now or in the past.

2. How did they help you build your resilience?

3. How did they make you feel safe and secure?

4. What did they teach you about being flexible and resilient?

## CHALLENGE:

### SHARE ABOUT THIS RELATIONSHIP WITH SOMEONE YOU TRUST!

**BONUS CHALLENGE:** If you can, how can you let this person know that they were your resilient role model? Can you send them a letter? Give them a call? If reaching out is not possible, how can you express your gratitude towards them?