



# Passport to Resilience: Bounce Back



Name: \_\_\_\_\_

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

## Exhibit 1: Resilience

List 2 or more reasons why it would benefit you to grow your resilience.

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## Exhibit 2: Hiccups, Hurricanes, and Trauma

List examples from your life struggles:

Struggles from **Stress**: \_\_\_\_\_

Struggles from **Distress**: \_\_\_\_\_

If you have experienced **Crisis**: \_\_\_\_\_

## Exhibit 3: Be Strong in a Crisis

Review the list of ways to be strong in a crisis and write down 2 techniques that you are willing to try to handle a future crisis.

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## Exhibit 4: 10 Skills to Grow Resilience

Review the skills to grow resilience and identify 3 ways you can build your capacity to bounce back.

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## Exhibit 5: The Mindset of Resilience

Think of 2 or more ways to positively reframe a situation or list 2 or more things you learned from a situation that you previously viewed as negative.

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## Exhibit 6: The Imposter Syndrome

Many of us underestimate our efforts or have difficulty accepting compliments. Practice accepting a compliment with pride. A simple “Thank-you” or “I appreciate that you noticed” will do. List who you might practice this with and what you want to say.

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## Exhibit 7: Neutralizing Destructive Beliefs and Attitudes

Identify 2 or more destructive beliefs that are part of your current pattern of thinking that you can live without to build your resilience.

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## Exhibit 8: Self-Compassion

Note 3 or more reasons that you should treat yourself with self-compassion.

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## Exhibit 9: Self-Compassion Exercise

Identify 2 or more times recently that you have offered kindness to a friend or family member. Practice having those same conversations with yourself by noting a time when you have been harsh with yourself and what you would say to yourself with self-compassion.

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## Exhibit 10: Forgiveness

List 1 thing that forgiveness does NOT require you to do.

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List 3 reasons that forgiving others helps you heal in your particular situation.

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### Exhibit 11: Steps to Forgiveness

Identify 1 relationship that you can work to forgive and write down your plans so that you can heal.

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### Exhibit 12: Focus on Healthy Relationships

Make a list identifying positive relationships to nurture and enjoy.

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List the non-supportive “others” in your life and limit your exposure to these individuals.

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### Exhibit 13: Self-Care Supports Resilience

List the healthy lifestyle habits you are willing to work on in these areas to improve your self-care.

Nutrition: \_\_\_\_\_

Physical Activity: \_\_\_\_\_

Sleep: \_\_\_\_\_

List the stress management techniques that you know help, or you are willing to try, to manage stress.

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### Exhibit 14: Food in Its Natural State

Name the whole foods that you would like to eat more of and list ways to reduce consumption of processed food.

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### Exhibit 15: Structured Exercise

Plan how you can get more exercise in the 4 keys areas of structured activity so you can maintain your strength.

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### Exhibit 16: Healthy Sleep Habits

Note areas of opportunity for improving your sleep habits so that you can get the rest you need to strengthen your resilience.

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### Exhibit 17: Seeking Professional Help

Review your life and determine which, if any, signs point to a need for professional support.

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