

Step 2: Self-Reflection and Stress Awareness

Identifying Sources of Stress

What are your biggest sources of stress? Check/circle all that apply:

- | | | |
|--|--|--|
| <input type="checkbox"/> Culture | <input type="checkbox"/> Dating/Marriage | <input type="checkbox"/> Health (Mental/Physical) |
| <input type="checkbox"/> Environment | <input type="checkbox"/> Finances | <input type="checkbox"/> Expectations (internal or external) |
| <input type="checkbox"/> Family | <input type="checkbox"/> Grief and Loss | <input type="checkbox"/> Parenting/Childcare |
| <input type="checkbox"/> Education | <input type="checkbox"/> Housing | <input type="checkbox"/> Job Loss/Insecurity |
| <input type="checkbox"/> Mental Health | <input type="checkbox"/> Occupational | <input type="checkbox"/> Life Events or Transitions |
| <input type="checkbox"/> Social/Relational | <input type="checkbox"/> Technology | <input type="checkbox"/> Other: _____ |

Stress Triggers

- What specific situations trigger your stress? *Think about recent times when you felt stressed. What events or interactions preceded those feelings?*
- Are there specific people or relationships in your life that trigger stress for you? *Reflect on any individuals or types of interactions that consistently lead to stress. What behaviors or situations related to these people contribute to your feelings of stress?*

Your Stress Responses

- How does stress affect your physical health and wellbeing? *Consider symptoms you might experience (e.g., headaches, fatigue, racing heart, stomach issues) when you're under stress.*
- What emotional responses do you notice when you are stressed? *Do you feel overwhelmed, anxious, irritable, or withdrawn? How do these emotions manifest in your daily life?*
- How does stress impact your relationships? *Reflect on whether you tend to withdraw from others, become more argumentative, or seek support when stressed.*



Step 3: Exploring Your Personal Strengths and Resources

Strengths Inventory

- What personal strengths have helped you through difficult times before?
Circle those that apply and add your own:

- | | | |
|---|---|---|
| <input type="checkbox"/> Active Listening | <input type="checkbox"/> Adaptability | <input type="checkbox"/> Analytic Reasoning |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Communication | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Empathy | <input type="checkbox"/> Emotional Intelligence |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Goal Orientation | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Persistence | <input type="checkbox"/> Positivity | <input type="checkbox"/> Problem-Solving |
| <input type="checkbox"/> Trustworthiness | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Resilience Resources

- Who or what can you rely on when facing challenges? *Consider family, friends, community, hobbies, nature, etc.*
- In what areas of your life do you feel the most supported? *Identify sources of support in your life and how they help alleviate stress.*
- What are your current stress management techniques? *Are there techniques you find effective or ineffective? Are there new strategies you'd like to try?*

Restorative Practices in Your Life

- How have you applied restorative practices in your relationships? *Consider specific situations where you communicated openly or repaired conflicts. What did you learn from these experiences?*
- How can you use restorative practices to strengthen your resilience? *Think about focusing on relationships, communication, and personal responsibility. (Examples: engaging in honest conversations, repairing conflicts with friends or family, building trust.)*



Step 4: Building Your Wellbeing and Resilience Plan

Daily Wellbeing Practices

- What small daily habits can you commit to in order to support your mental wellbeing? (Examples: deep breathing, meditation, exercising, connecting with loved ones, journaling.)

Connection and Belonging: Building Social Resilience

- Who can you reach out to regularly to strengthen your support network?
List two people you can connect with and their contact information:
 -
 -

Restorative Self-Reflection

- When conflict arises, how can you approach it using restorative principles like empathy, accountability, and repair?
- What's one recent example of conflict or stress, and how could you have handled it differently using these principles?

Emotional Regulation Tools

Try these tools for managing emotions in stressful situations. Rate how effective each one is for you on a scale of 1-5:

- Deep Breathing: Breathe in for 4 counts, hold for 4, exhale for 4. Repeat. (Rating: ____)
- Mindful Grounding: Focus on the present moment using your senses (what you see, hear, feel). (Rating: ____)
- Progressive Muscle Relaxation: Slowly tense and then release muscle groups, starting from your toes and working up to your head. (Rating: ____)
- Positive Visualization: Imagine a calming, peaceful place or situation. Focus on the details of this scene to reduce stress. (Rating: ____)
- Self-Compassion: Offer yourself kindness in difficult moments. Say: "It's okay to feel this way." (Rating: ____)



Step 6: Creating a Personal Resilience Plan

My Resilience Goals

- What are 2-3 goals you want to work toward to build your resilience?

i. _____
ii. _____
iii. _____

What Will You Do When You Feel Overwhelmed?

- Write down 2-3 simple strategies you can turn to when you're feeling stressed or overwhelmed:

i. _____
ii. _____
iii. _____

Long-Term Resilience Plan

- Looking ahead, how can you maintain your resilience over time? Consider social, emotional, and mental wellbeing practices.

◦ Socially: _____
◦ Emotionally: _____
◦ Mentally: _____

Step 7: Revisiting Your Plan Regularly

Commit to revisiting your wellbeing and resilience plan every month. Ask yourself:

- What's working?
- Where do I need more support?
- How can I continue to grow?

By focusing on connection, emotional regulation, restorative practices, and resilience, you can proactively strengthen and adapt your wellbeing in a mindful way.

