

Resilience and Well-being Worksheet

Building Community Connections and Coping Strategies

This worksheet is designed to help you reflect on your emotional well-being, build resilience, and recognize the impact you can have on both yourself and your community. By engaging with these prompts and activities, you'll develop a deeper understanding of your emotional health and cultivate the skills necessary to navigate challenges effectively.

Understanding My Attachment Style

Our attachment styles, formed in early relationships, influence how we connect with others. Secure attachments foster trust and safety, enhancing emotional well-being.

Reflect on your early relationships. How do they influence how you connect with others today?

- Do you feel comfortable asking for help?
- Do you avoid closeness?
- What experiences shape your current relationships?

My Reflection:

Building My Resilience Plan

Resilience is the ability to bounce back from adversity. It can be strengthened through practice and reflection.

My Goals:

- Goal for This Week:
- Action Steps:
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Open Communication and Emotional Regulation

Open communication allows us to express our feelings and understand others. Emotional regulation helps us manage stress and emotions constructively.

Create a Safe Space:

- How can you foster open communication in your relationships?
- What questions can you ask to invite deeper discussions?

Practice Coping Strategies:

- Identify two coping strategies (e.g., deep breathing, mindfulness) to help you self-soothe during strong emotions.
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Repairing Harm and Fostering Empathy

Conflicts are natural. Restorative practices focus on repairing harm, fostering accountability, and encouraging empathy.

When conflicts arise, how will you approach problem-solving?

- Use restorative questions like, “What happened?” and “How can we make it right?”
- My Plan for Conflict Resolution:

Modeling Empathy:

- How can you express empathy in your daily interactions?
- Share a situation where empathy made a difference.

Gratitude Reflection

Practicing gratitude can improve mental health and strengthen relationships.

Prompt: List three things you are grateful for this week.

- 1.
- 2.
- 3.



Nurturing Emotional Resilience and Self-Care

Self-care is vital for maintaining mental health and resilience.

My Self-Care Action Plan:

Identify three self-care activities you will prioritize this week.

- 1.
- 2.
- 3.

Community Engagement Ideas

Engaging with your community promotes a sense of belonging and supports overall well-being.

List 2-3 community events or volunteer opportunities that interest you.

- 1.
- 2.

Feedback and Reflection Loop

After completing this worksheet, revisit it weekly or monthly. Note any changes in your feelings, relationships, or coping strategies.

Reflection Notes:

By completing this worksheet, you are taking an important step toward nurturing your emotional health and resilience. Remember, every interaction is an opportunity to reinforce your growth and help cultivate a supportive community. Together, we can build a foundation of trust and understanding that benefits us all.

