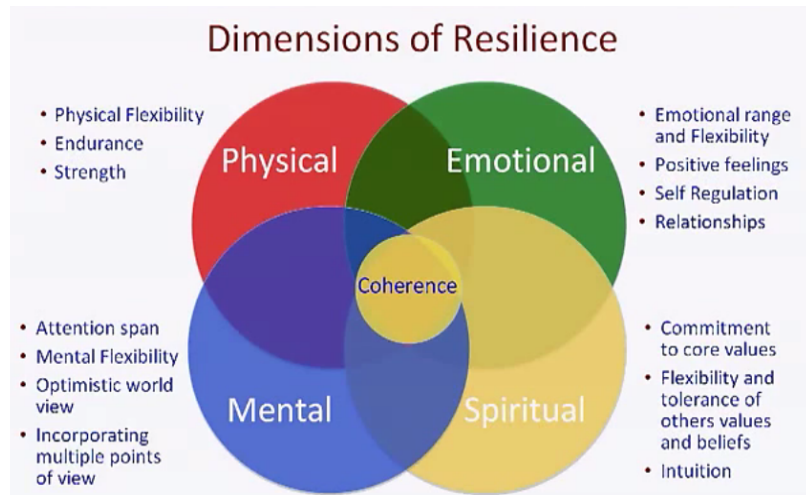


Defining Resilience

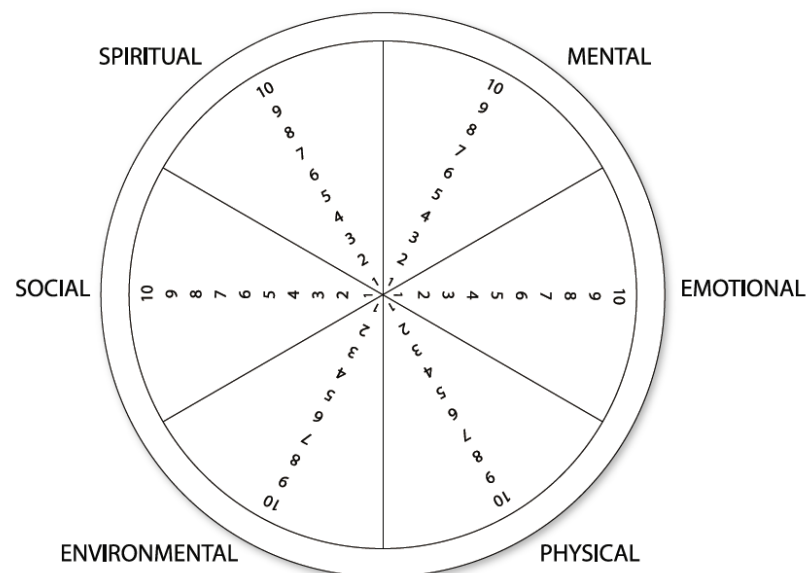
*The capacity to adapt successfully in
the presence of risk and adversity*



Self-Care Wheel

Directions: Please rate your current level of satisfaction with each area of your self-care. The closer to 10 the more satisfied and fulfilled you feel. Connect each number forming a new outside perimeter for the wheel.

How well would your wheel roll? Which areas need attention?



Spiritual Self-Care



Micro

EX: Start the day reading an inspirational quote

Macro

EX: Read a book that uplifts you

Mental Self-Care



Micro

EX: Take 3 deep, belly breaths

Macro

EX: Set aside regular time for quiet contemplation / meditation

Emotional Self-Care



Micro

EX: Express sadness to someone

Macro

EX: Take time to journal about your experience

Physical Self-Care



Micro

EX: 5-min power nap

Macro

EX: 30-min earlier to bed

Environmental Self-Care



Micro

EX: Clean out a drawer

Macro

EX: Organize a closet

Social Self-Care



Micro

EX: Connect to someone through a quick email

Macro

EX: Send a hand written note or letter to someone special