

Activity –Discovering Grounded Optimism

Step 1: Can you recall a recent example of something that was challenging for you? Describe something that you struggled with but you that made it through. Describe it in a couple sentences

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<p>Step 2: Who are the people who helped you? <i>Did you go to anyone for advice, call anyone, talk to anyone, Look up to anyone?</i></p>	<p>Step 3: What strategies did you use at that time to change your focus or distract? <i>Did you mediate? Take a course? Watch Netflix?</i></p>
<p>Step 4: What “sagacity” helped you to bounce back? <i>What wisdom, insight, quotes, songs, stories from grandparents, etc.</i></p>	<p>Step 5: What solution seeking behaviours/responses did you use? <i>Did you problem solve? Did you reach out to someone? Did you put together a plan?</i></p>

Developing a Resilience Plan

Step 1: What is the current situation you are struggling with?

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Step 2: Who are the supportive people who can help you?

Step 3: What are helpful strategies you can use to change your focus/distract?

Step 4: What "sagacity" can provide inspiration? (Quotes, music, stories)

Step 5: What are solution-seeking behaviours you can try?

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