

♥ Safe Haven Connect CIC · Building Resilience Workbook.pdf

Resilience is about learning how to cope with setbacks, adapt to change and keep moving forward through life's challenges.

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Mental Health & Wellbeing

Building Resilience Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The exercises in this workbook are intended for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – What Is Resilience?

Resilience is the ability to adapt, recover and keep moving forward after difficult experiences.

Being resilient doesn't mean you never struggle or feel upset. It means learning healthy ways to cope, ask for support when needed and continue taking small steps forward.

Resilience can grow over time through practice, patience and self-care.

 When life feels difficult, I usually...

- ☐ Keep going one step at a time.
- ☐ Ask for support.
- ☐ Withdraw from others.
- ☐ Feel overwhelmed.
- ☐ Try to solve the problem.
- ☐ Take time to rest.
- ☐ Learn from the experience.
- ☐ Find it difficult to cope.
- ☐ Other:

 A challenge I have overcome

♥ What helped me get through it?

♥ Remember

You have already overcome challenges in your life.

Every difficult experience you've worked through is evidence of your strength and ability to keep moving forward.

Resilience isn't about never falling—it's about finding the courage to get back up.

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PAGE 2 – Recognising Your Strengths

Everyone has strengths, even if they don't always recognise them.

Your strengths can help you cope with challenges, solve problems and recover from setbacks.

Take a moment to think about the qualities that have helped you through difficult times.

♥ My strengths include...

☐ Kindness

☐ Patience

☐ Determination

☐ Courage

☐ Honesty

☐ Compassion

☐ Creativity

☐ Problem-solving

☐ Sense of humour

☐ Adaptability

☐ Reliability

☐ Other:

♥ Three strengths I am proud of

1.

2.

3.

♥ How have these strengths helped me?

♥ One strength I would like to develop further

♥ Remember

You are stronger than you may realise.

Every challenge you've faced has helped shape the resilience you have today.

Recognising your strengths can help you face future challenges with greater confidence.

Your strengths are always with you—even on the days you don't notice them.

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PAGE 3 – Building a Positive Mindset

A positive mindset doesn't mean pretending everything is okay.

It means recognising challenges while believing that you can cope, learn and continue moving forward.

The way you think about difficult situations can influence how you respond to them.

♥ When something goes wrong, I usually...

- ☐ Look for a solution.
- ☐ Ask for help.
- ☐ Feel discouraged.
- ☐ Blame myself.
- ☐ Remind myself it's temporary.
- ☐ Learn from the experience.
- ☐ Keep trying.
- ☐ Other:

♥ A challenge I'm facing right now

♥ What parts of this situation can I control?

♥ One positive step I can take today

♥ Remember

You can't control everything that happens in life.

But you can choose how you respond.

Focusing on what you can control can help you feel more confident, capable and resilient.

Small positive steps, taken consistently, can lead to meaningful change.

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PAGE 4 – Coping With Setbacks

Setbacks are a normal part of life.

They don't erase your progress or define who you are.

Every setback is an opportunity to learn, adapt and continue moving forward.

 Think about a recent setback.

What happened?

How did it make me feel?

☐ Disappointed

☐ Frustrated

☐ Sad

☐ Anxious

☐ Angry

☐ Overwhelmed

☐ Hopeful

☐ Determined

☐ Other:

♥ What did I learn from this experience?

♥ If something similar happens again, I will...

☐ Stay calm.

☐ Take one step at a time.

☐ Ask for support.

☐ Focus on what I can control.

☐ Learn from the experience.

☐ Be kind to myself.

☐ Keep trying.

☐ Other:

♥ One positive thing that came from this experience

♥ Remember

Every setback is temporary.

It does not take away your strengths, your progress or your potential.

You have overcome challenges before, and you can continue to move forward one step at a time.

Resilience grows every time you choose not to give up.

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PAGE 5 – Asking for Support

Resilience doesn't mean facing every challenge alone.

Knowing when to ask for support is a sign of strength, not weakness.

Whether it's a friend, family member, colleague or professional, reaching out can make difficult times feel more manageable.

♥ When I'm struggling, I usually...

- ☐ Talk to someone I trust.
- ☐ Keep my feelings to myself.
- ☐ Try to solve everything alone.
- ☐ Ask for advice.
- ☐ Spend time with supportive people.
- ☐ Avoid talking about it.
- ☐ Other:

♥ My Support Network

People I can turn to when I need support:

1.

2.

3.

4.

♥ One way I can ask for support this week

♥ How does support help me?

♥ Remember

Everyone needs support sometimes.

You don't have to carry everything on your own.

Accepting help can make challenges feel lighter and remind you that you're not alone.

Resilience grows stronger when we allow others to support us.

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PAGE 6 – Looking After Yourself

Looking after yourself is an important part of building resilience.

When you care for your physical and emotional wellbeing, you're often better equipped to cope with life's challenges.

Self-care doesn't have to be expensive or time-consuming. Small, consistent actions can make a meaningful difference.

 This week I will...

- ☐ Get enough sleep.
- ☐ Drink more water.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Exercise or move my body.
- ☐ Take regular breaks.
- ☐ Practice relaxation.
- ☐ Spend time with people I care about.
- ☐ Do something I enjoy.
- ☐ Be kind to myself.
- ☐ Other:

♥ Three self-care activities that help me

1.

2.

3.

♥ One thing I will do for myself today

♥ How do I feel after taking care of myself?

Remember

You can't pour from an empty cup.

Taking care of yourself isn't selfish—it's an important part of staying healthy, coping with challenges and supporting the people around you.

Looking after yourself today helps build your resilience for tomorrow.

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PAGE 7 – Adapting to Change

Change is a natural part of life.

Some changes are exciting, while others can feel uncertain or overwhelming.

Although you can't always control change, you can learn healthy ways to adapt and move forward.

 How do I usually respond to change?

- ☐ I embrace new opportunities.
- ☐ I feel anxious.
- ☐ I need time to adjust.
- ☐ I avoid change.
- ☐ I stay positive.
- ☐ I ask for support.
- ☐ I focus on what I can control.

☐ Other:

♥ A change I'm currently experiencing

♥ What parts of this situation can I control?

♥ What can help me adapt?

☐ Take one day at a time.

☐ Keep a daily routine.

☐ Talk to someone I trust.

☐ Focus on small goals.

☐ Be patient with myself.

☐ Learn something new.

☐ Practice self-care.

☐ Other:

♥ One positive opportunity this change could bring

♥ Remember

Change can be challenging, but it can also bring growth, new experiences and opportunities.

You don't have to have all the answers today.

Take one step at a time, trust your ability to adapt, and remember that resilience grows through change.

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PAGE 8 – Learning From Challenges

Every challenge we face can teach us something about ourselves.

Even if an experience was difficult, taking time to reflect can help us grow, develop new skills and become more resilient.

Remember, growth often comes from the challenges we never expected to overcome.

💚 Think about a challenge you've faced.

What happened?

What helped you get through it?

What did you learn about yourself?

☐ I am stronger than I thought.

☐ I can adapt to change.

☐ I can ask for help.

☐ I can solve problems.

☐ I can keep going.

☐ I am more resilient than I realised.

☐ Other:

♥ What strengths did I discover?

♥ How will this experience help me in the future?

♥ Remember

Challenges can be difficult, but they can also reveal strengths you didn't know you had.

Every obstacle you've overcome has helped shape the resilient person you are today.

Your past challenges do not define you—they can help prepare you for the future.

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PAGE 9 – My Resilience Plan

Building resilience is an ongoing journey.

Having a personal plan can help you remember the strategies, strengths and support that will help you through future challenges.

Remember, resilience isn't about avoiding difficult times—it's about learning how to move through them.

 My Biggest Strengths

☐ Kindness

☐ Determination

☐ Patience

☐ Courage

☐ Adaptability

☐ Problem-solving

☐ Optimism

☐ Compassion

☐ Other:

My Go-To Coping Strategies

- ☐ Take slow, deep breaths.
- ☐ Go for a walk.
- ☐ Talk to someone I trust.
- ☐ Write in a journal.
- ☐ Practice mindfulness.
- ☐ Exercise.
- ☐ Spend time outdoors.
- ☐ Focus on one small step.
- ☐ Other:

People Who Support Me

1.

2.

3.

My Personal Reminder

When life feels difficult, I want to remember...

Remember

Resilience doesn't mean never struggling.

It means believing that, even during difficult times, you have the ability to keep moving forward.

Every challenge you face is another opportunity to learn, grow and discover your strength.

You are stronger than you think, and you don't have to face life's challenges alone.

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PAGE 10 – My Resilience Action Plan

Congratulations on completing this workbook.

Resilience isn't about never experiencing challenges. It's about learning how to recover, adapt and keep moving forward, even when life feels difficult.

Use this page to create your personal resilience plan for the future.

Three Things I Will Focus On

1.

2.

3.

When Life Feels Difficult, I Will...

☐ Take one step at a time.

☐ Be kind to myself.

☐ Ask for support when I need it.

☐ Focus on what I can control.

☐ Remember challenges don't last forever.

☐ Use healthy coping strategies.

☐ Celebrate small victories.

☐ Keep moving forward.

My Personal Reminder

Write a message you can read whenever life feels overwhelming.

My Resilience Promise

"I recognise that challenges are a part of life, but they do not define me. I will continue to learn, grow and take one step forward each day. I believe in my ability to overcome difficulties and build a healthier, more hopeful future."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Resilience is built through the small choices you make every day.

Every time you choose hope over giving up, kindness over self-criticism, and action over fear, you strengthen your ability to cope with life's challenges.

Be patient with yourself, celebrate your progress and remember that you are stronger than you may realise.

Thank you for using this workbook.

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♥ Supporting your mental health and wellbeing, one resilient step at a time.