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Mental Health & Wellbeing

Emotional Resilience Workbook

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This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Safe Haven Connect CIC is not a healthcare provider, and this workbook should not be used to diagnose or treat any mental or physical health condition.

If you are concerned about your mental or physical health, please speak with your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

By using this workbook, you accept responsibility for your own wellbeing and decisions.

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PAGE 1 – Understanding Emotional Resilience

 What is emotional resilience?

Emotional resilience is your ability to cope with challenges, adapt to change and recover from difficult experiences.

Being resilient doesn't mean you never struggle—it means learning healthy ways to move forward, even when life feels difficult.

Resilience is a skill that can be developed over time.

Signs of emotional resilience

- ☐ I adapt to change.
- ☐ I learn from setbacks.
- ☐ I ask for help when I need it.
- ☐ I recover after difficult experiences.
- ☐ I keep going despite challenges.
- ☐ I treat myself with kindness.
- ☐ I focus on what I can control.
- ☐ I remain hopeful.
- ☐ I practise healthy coping skills.
- ☐ I believe things can improve.

Reflection

When have I shown resilience in my life?

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PAGE 2 – My Challenges

Everyone experiences challenges.

Recognising them is the first step towards building resilience.

 Challenges I am facing

- ☐ Stress
- ☐ Anxiety
- ☐ Low mood
- ☐ Relationships
- ☐ Work
- ☐ Family
- ☐ Health
- ☐ Financial worries
- ☐ Loss or grief
- ☐ Other

 Which challenge affects me the most?

♥ How does it affect my daily life?

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PAGE 3 – My First Step Forward

Building resilience starts with one small action.

♥ This week I will...

- ☐ Take one day at a time.
- ☐ Ask for help if I need it.
- ☐ Take regular breaks.
- ☐ Practice slow breathing.
- ☐ Go for a walk.
- ☐ Focus on what I can control.
- ☐ Be kind to myself.
- ☐ Celebrate small successes.
- ☐ Keep moving forward.

♥ My first resilience goal

♥ How will this help me?

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PAGE 4 – Accepting Change

Change is a natural part of life.

Although change can feel uncomfortable, learning to adapt helps build emotional resilience.

Remember, you don't have to have everything figured out today.

♥ Changes I'm experiencing

- ☐ Work
- ☐ Relationships
- ☐ Family
- ☐ Health
- ☐ Finances
- ☐ Home
- ☐ Education
- ☐ Daily routine
- ☐ Other

♥ One change I'm finding difficult

♥ One positive step I can take

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PAGE 5 – Focusing on What I Can Control

When life feels overwhelming, focusing on what you can control can help reduce stress.

♥ I can control...

☐ My attitude.

☐ My choices.

☐ My actions.

☐ How I speak to myself.

☐ Asking for help.

☐ Looking after my wellbeing.

☐ Taking one small step.

☐ Learning from setbacks.

♥ One thing I'll focus on today

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PAGE 6 – My Personal Strengths

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

Take a moment to reflect on yours.

♥ My strengths

☐ Kindness

☐ Courage

☐ Patience

☐ Determination

☐ Compassion

☐ Honesty

☐ Creativity

☐ Resilience

☐ Hope

☐ Sense of humour

☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I showed resilience by...

♥ One challenge I faced

♥ One thing I'm proud of

♥ One thing I'll remember tomorrow

♥ Remember

Resilience isn't about never falling.

It's about finding the strength to get back up, one step at a time.

Every challenge you face is an opportunity to learn, grow and discover strengths you may not have realised you had.

You are stronger than you think, and every small step forward matters. ♥

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PAGE 8 – Learning From Setbacks

Everyone experiences setbacks.

A setback doesn't mean you've failed—it means you're facing a challenge.

Every setback can teach us something that helps us grow stronger.

♥ A recent setback I experienced

♥ What did I learn from it?

♥ One thing I'll do differently next time

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PAGE 9 – Managing Difficult Emotions

All emotions are valid.

Instead of pushing them away, try noticing them with curiosity and kindness.

♥ Today I'm feeling...

☐ Happy

☐ Calm

☐ Sad

☐ Anxious

☐ Frustrated

☐ Angry

☐ Overwhelmed

☐ Hopeful

☐ Lonely

☐ Other

♥ What might this emotion be telling me?

♥ One healthy way I'll respond

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PAGE 10 – Building Healthy Coping Skills

Healthy coping skills can help you manage difficult moments without becoming overwhelmed.

♥ Today I will...

- ☐ Take slow, deep breaths.
- ☐ Go for a walk.
- ☐ Talk to someone I trust.
- ☐ Write in my journal.
- ☐ Listen to calming music.
- ☐ Spend time outdoors.
- ☐ Practice mindfulness.
- ☐ Read a book.
- ☐ Do something creative.
- ☐ Be kind to myself.

♥ The coping skill that helped me most

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PAGE 11 – Weekly Reflection

Take a few moments to recognise your progress.

♥ This week I showed resilience by...

♥ One thing that helped me most

♥ One thing I've learned about myself

♥ My goal for next week

♥ Remember

Resilience isn't about avoiding difficult emotions.

It's about learning that you can experience them, move through them and continue moving forward.

Every challenge you face builds experience.

Every step you take builds confidence.

You are stronger today than you were yesterday, and your resilience grows with every challenge you overcome. 

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PAGE 12 – Practising Self-Compassion

When life is difficult, it's easy to be your own harshest critic.

Emotional resilience grows when you treat yourself with the same kindness and understanding that you would offer someone you care about.

 Today I will...

- ☐ Speak kindly to myself.
- ☐ Accept that I don't have to be perfect.
- ☐ Forgive myself for mistakes.
- ☐ Celebrate my progress.
- ☐ Rest when I need to.
- ☐ Be patient with myself.
- ☐ Accept that difficult days are part of life.
- ☐ Remember that I'm doing my best.

♥ One kind thing I'll say to myself today

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PAGE 13 – Finding Hope During Difficult Times

Hope doesn't mean pretending everything is okay.

Hope means believing that difficult times can change and that brighter days are possible.

♥ Things that give me hope

- ☐ Family
- ☐ Friends
- ☐ Nature
- ☐ My faith or beliefs
- ☐ My goals
- ☐ Helping others
- ☐ Music
- ☐ Reading
- ☐ My achievements

☐ Other

♥ One reason I have hope today

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PAGE 14 – My Resilience Journal

Take a few minutes to recognise the strength you've shown today.

♥ Today I handled...

♥ Something I did well

♥ A challenge I overcame

♥ One thing I'll remember tomorrow

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PAGE 15 – Weekly Reflection

Take a moment to reflect on your journey this week.

♥ This week I became stronger by...

♥ One challenge I handled well

♥ One thing I'm grateful for

♥ My goal for next week

Remember

Resilience isn't about never feeling upset, anxious or overwhelmed.

It's about trusting that you have the strength to face life's challenges, one step at a time.

Every setback you've overcome is evidence of your resilience.

Every small victory is proof that you're growing stronger.

Believe in your strength, trust your journey and keep moving forward. 

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PAGE 16 – Building a Support Network

Resilience doesn't mean facing everything alone.

Knowing who you can turn to during difficult times is an important part of emotional wellbeing.

People who support me

☐ Family

☐ Friends

☐ Partner

☐ Colleague

☐ GP or Healthcare Professional

☐ Support Group

☐ Community

☐ Other

♥ Someone I can talk to when life feels difficult

♥ One way I'll ask for support

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PAGE 17 – Looking After My Wellbeing

Looking after yourself every day helps you become more resilient during challenging times.

♥ This week I will...

☐ Get enough sleep.

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Move my body.
- ☐ Practice relaxation.
- ☐ Take regular breaks.
- ☐ Spend time with supportive people.
- ☐ Do something I enjoy.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 18 – My Resilience Success Journal

Every challenge you face teaches you something about yourself.

Take time to recognise your achievements.

♥ Today I...

- ☐ Stayed calm during a challenge.
- ☐ Asked for help.
- ☐ Took one small step forward.
- ☐ Used a healthy coping skill.
- ☐ Solved a problem.
- ☐ Showed kindness to myself.
- ☐ Didn't give up.
- ☐ Learned something new.
- ☐ Celebrated my progress.

♥ My biggest success today

♥ What did I learn about myself?

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PAGE 19 – Looking Forward

Resilience isn't about avoiding difficult times.

It's about believing that you can face them, learn from them and continue moving forward.

♥ Looking ahead...

One challenge I feel more prepared to face

One strength I'll rely on

My promise to myself

♥ Remember

Life will always have challenges, but every challenge you've overcome has helped shape the person you are today.

Trust your strengths.

Believe in your ability to adapt.

Keep taking one step at a time.

Your resilience is already within you—you are simply learning to recognise it. ♥

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PAGE 20 – Adapting to Change

Change is a natural part of life.

While it can feel uncomfortable, every change also brings opportunities to learn, grow and discover new strengths.

Resilience helps us adjust, even when life doesn't go as planned.

♥ A change I'm currently facing

♥ What feels difficult about it?

♥ One positive step I can take today

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Even during difficult times, there are often small moments worth appreciating.

Practising gratitude can help shift your focus towards hope and resilience.

♥ Today I'm grateful for...

1.

2.

3.

♥ Something that made me smile today

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Everyone has different ways of coping.

Build your own toolkit that you can return to whenever life feels challenging.

My Resilience Toolkit

- ☐ Slow breathing
- ☐ Going for a walk
- ☐ Talking to someone I trust
- ☐ Journaling
- ☐ Reading
- ☐ Listening to music
- ☐ Spending time outdoors
- ☐ Mindfulness
- ☐ Prayer or reflection
- ☐ Doing something creative
- ☐ Other

My three most helpful coping tools

1.

2.

3.

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PAGE 23 – My Resilience Reflection

Take a moment to recognise how far you've come.

♥ Since starting this workbook...

I have learned...

I feel stronger because...

One thing I will continue practising...

♥ Remember

Resilience isn't about never struggling.

It's about learning that you have the strength to face challenges, adapt to change and keep moving forward.

Every difficult day you've overcome has helped build the person you are today.

Your resilience grows every time you choose hope, courage and the next small step. ❤️

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PAGE 24 – Turning Challenges Into Growth

Difficult experiences can teach us valuable lessons about ourselves.

Although challenges are never easy, they can help us discover strengths we didn't know we had.

❤️ A challenge that helped me grow

❤️ What did I learn from it?

❤️ How has it made me stronger?

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PAGE 25 – Celebrating Small Wins

Resilience grows when we notice our progress, even if it feels small.

Every positive step deserves recognition.

♥ Today I...

- ☐ Solved a problem.
- ☐ Asked for help.
- ☐ Stayed calm during a challenge.
- ☐ Took a break when I needed one.
- ☐ Spoke kindly to myself.
- ☐ Tried something new.
- ☐ Didn't give up.
- ☐ Made someone smile.
- ☐ Looked after my wellbeing.
- ☐ Kept moving forward.

♥ My biggest success today

♥ How did it make me feel?

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PAGE 26 – My Personal Resilience Plan

Building resilience is about creating habits that support you during difficult times.

♥ I will continue to...

- ☐ Take one day at a time.
- ☐ Focus on what I can control.
- ☐ Stay connected with supportive people.
- ☐ Practice healthy coping skills.
- ☐ Learn from setbacks.
- ☐ Make time for rest.
- ☐ Keep a hopeful outlook.
- ☐ Be patient with myself.
- ☐ Celebrate progress.
- ☐ Keep moving forward.

♥ My resilience goal

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PAGE 27 – Looking Ahead

Every challenge you overcome adds to your resilience.

Trust that you have the ability to adapt, recover and continue growing.

 Looking ahead...

One challenge I'll face with confidence

One strength I'll keep using

My message to my future self

♥ Remember

Resilience isn't about having an easy life.

It's about continuing to move forward, even when life feels difficult.

Believe in your ability to adapt.

Trust your strengths.

Keep taking one small step at a time.

Every challenge you overcome is another chapter in your story of resilience. ♥

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☐ Looked after my wellbeing.

☐ Kept moving forward.

♥ My biggest success today

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☐ Stay connected with supportive people.

☐ Practice healthy coping skills.

☐ Learn from setbacks.

☐ Make time for rest.

- ☐ Keep a hopeful outlook.
- ☐ Be patient with myself.
- ☐ Celebrate progress.
- ☐ Keep moving forward.

♥ My resilience goal

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My message to my future self

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It's about continuing to move forward, even when life feels difficult.

Believe in your ability to adapt.

Trust your strengths.

Keep taking one small step at a time.

Every challenge you overcome is another chapter in your story of resilience. ♥

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PAGE 28 – Developing a Positive Mindset

A positive mindset doesn't mean ignoring life's difficulties.

It means believing that, even during hard times, you have the ability to cope, learn and grow.

Small positive thoughts can help build resilience over time.

♥ Today I choose to...

- ☐ Focus on what I can control.
- ☐ Learn from challenges.
- ☐ Look for opportunities to grow.
- ☐ Speak kindly to myself.
- ☐ Celebrate small achievements.
- ☐ Keep an open mind.
- ☐ Believe in my ability to cope.
- ☐ Keep moving forward.

♥ One positive thought I'll carry with me today

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PAGE 29 – My Personal Strengths

You have already overcome challenges in your life.

Those experiences have helped shape the person you are today.

♥ My strengths include...

- ☐ Kindness
- ☐ Courage
- ☐ Compassion
- ☐ Patience
- ☐ Honesty
- ☐ Determination
- ☐ Creativity
- ☐ Hope
- ☐ Resilience
- ☐ Adaptability
- ☐ Sense of humour
- ☐ Other

♥ Three strengths I'm most proud of

1.

2.

3.

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PAGE 30 – My Resilience Action Plan

Resilience grows through small daily habits.

♥ This month I will...

- ☐ Focus on solutions.
- ☐ Take one challenge at a time.
- ☐ Practice healthy coping skills.
- ☐ Spend time with supportive people.
- ☐ Look after my wellbeing.
- ☐ Learn from setbacks.
- ☐ Celebrate progress.
- ☐ Ask for help when needed.
- ☐ Continue believing in myself.
- ☐ Keep moving forward.

♥ My resilience goal for this month

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PAGE 31 – My Resilience Journey

Take a moment to recognise how much you've grown.

 Looking back...

The biggest lesson I've learned is...

The strength I've discovered in myself is...

One thing I'm most proud of is...

 Remember

You have already survived difficult days that you once thought you couldn't.

That is proof of your strength.

Keep believing in yourself.

Keep growing.

Keep taking one step at a time.

Resilience isn't about being unbreakable—it's about finding the courage to begin again, every single day. ❤️

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PAGE 32 – Believing in Yourself

Resilience grows when you believe that you can cope, even when life feels uncertain.

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

Trust yourself to take the next small step.

❤️ Today I choose to...

- ☐ Believe in my strengths.
- ☐ Accept that it's okay to ask for help.
- ☐ Learn from my mistakes.
- ☐ Focus on progress, not perfection.
- ☐ Speak kindly to myself.
- ☐ Keep trying.
- ☐ Celebrate my achievements.
- ☐ Trust that I can overcome challenges.

❤️ One thing I believe about myself

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PAGE 33 – Looking After My Wellbeing

Looking after yourself helps you build the emotional strength needed to face life's challenges.

 This week I will...

- ☐ Get enough sleep.
- ☐ Eat balanced meals.
- ☐ Drink enough water.
- ☐ Spend time outdoors.
- ☐ Exercise or move my body.
- ☐ Practice relaxation.
- ☐ Stay connected with supportive people.
- ☐ Make time for things I enjoy.
- ☐ Rest when I need to.
- ☐ Celebrate my progress.

 One healthy habit I'll continue

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PAGE 34 – My Personal Resilience Toolkit

Everyone has different ways of coping during difficult times.

Create your own toolkit that you can return to whenever life feels challenging.

♥ My Resilience Toolkit

- ☐ Slow breathing
 - ☐ Going for a walk
 - ☐ Journaling
 - ☐ Talking to someone I trust
 - ☐ Listening to music
 - ☐ Reading
 - ☐ Spending time in nature
 - ☐ Mindfulness
 - ☐ Doing something creative
 - ☐ Practising gratitude
 - ☐ Other
-
-

♥ My three most helpful resilience tools

1.

2.

3.

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PAGE 35 – My Emotional Resilience Journey

Take a moment to recognise everything you've achieved.

♥ Looking back...

The biggest thing I've learned is...

The coping skill that has helped me most is...

One thing I'm most proud of is...

💚 Remember

Resilience isn't about never struggling.

It's about believing that, whatever life brings, you can keep learning, adapting and moving forward.

Every difficult day you've overcome is proof of your strength.

Every new day is another opportunity to grow.

You are stronger, braver and more resilient than you may realise. 💚

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PAGE 36 – Embracing Your Journey

Everyone's journey is different.

There will be good days and difficult days, but every experience helps you grow.

Progress isn't measured by perfection—it's measured by your willingness to keep going.

💚 Today I choose to...

☐ Accept where I am today.

☐ Keep moving forward.

☐ Learn from challenges.

- ☐ Celebrate small wins.
- ☐ Be patient with myself.
- ☐ Trust my ability to cope.
- ☐ Focus on hope.
- ☐ Believe in my future.

♥ One thing I'm proud of today

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PAGE 37 – My Personal Resilience Promise

Resilience grows through the promises you keep to yourself.

♥ I promise to...

- ☐ Believe in myself.
- ☐ Keep learning.
- ☐ Ask for support when I need it.
- ☐ Look after my wellbeing.
- ☐ Practice healthy coping skills.
- ☐ Be patient with my progress.

☐ Treat myself with kindness.

☐ Never give up on myself.

 My personal promise

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PAGE 38 – My Wellbeing Plan

Looking after your wellbeing every day helps you stay emotionally resilient.

 I will continue to...

☐ Get enough sleep.

☐ Eat nourishing meals.

☐ Stay hydrated.

☐ Exercise regularly.

☐ Spend time outdoors.

☐ Stay connected with supportive people.

☐ Practice gratitude.

☐ Make time to relax.

☐ Continue learning and growing.

☐ Be kind to myself.

♥ Three things that help me stay resilient

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Emotional Resilience Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you develop practical skills to face challenges, adapt to change and recover from difficult experiences.

Remember:

♥ Every challenge is an opportunity to grow.

♥ Your feelings are valid.

♥ Asking for help is a strength.

♥ Small steps lead to lasting change.

♥ You are stronger than you realise.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support your mental wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If emotional difficulties are becoming overwhelming or affecting your daily life, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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