



My Resilience Plan

People I can call or talk to for help:

- _____
- _____
- _____



How I can look after myself:

- _____
- _____
- _____
- _____



My strengths:

- 1 _____
- 2 _____
- 3 _____

What has helped me in the past:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Advice I would give a friend:

- _____
- _____
- _____
- _____
- _____
- _____