



BUILDING RESILIENCE

Work sheet 7

Building resilience isn't just about dealing with stress and other difficult emotions. It's also about looking after your general wellbeing. To do so, you need to identify what makes you feel good and how you can incorporate more of this into your day and week. First, complete a wellness wheel. Think about the activities that make you feel good and that you get absorbed in (or help you to find flow). It can be anything: meeting up with a friend, crafting, watching a film, learning a new skill... Think of the activities that really make you feel good and that you know help you to be in the moment. Write down an idea for each spoke of the wellness wheel.

A central purple outline of a ship's steering wheel is surrounded by ten empty, rounded rectangular boxes. The boxes are arranged in a circle around the wheel, with one box at the top, one at the bottom, and four boxes on each side (left and right). These boxes are intended for writing down ideas for activities that contribute to wellbeing.

Now, think about how you can schedule some activities from your wellness wheel into your week. If you are unsure of where to start, use the BACE acronym to guide you so that every day you are doing something that enables you to move your *body*, *achieve* something, experience *closeness* with others, and *enjoy* something just for you. Even if it's just for 10 minutes, it will make a difference.

	Body , e.g. exercise, rest, nutrition	Achievement , e.g. work, chores, study	Closeness , e.g. friends, family, community	Enjoyment , e.g. fun, play, pleasure
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				