

RESILIENCE

CHECKLIST

Do you agree with these statements?

☐

I can recognize when I feel emotionally overwhelmed.

☐

I know healthy ways to reduce stress.

☐

I can ask for support is important during difficult periods.

☐

I try to speak to myself respectfully without constant self-criticism.

☐

I know activities that help me feel calm or motivated.

☐

I understand that setbacks and mistakes are part of learning.

☐

I try to maintain supportive relationships with others.

☐

I know where to search for emotional wellbeing resources.

☐

I can recognize when I need rest or a break.

☐

I understand that confidence develops gradually over time.