



Personal Resilience Plan

“Resilience Building 201: Building My Personal Resilience Plan” Workshop

Part I: Identify Triggers and Stressors

Trigger: *Something seen, read, heard or experienced resulting in feelings of emotional arousal or memories associated with a particular traumatic experience*

Stressor: *a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances*

What triggers and/or stressors do you experience in the following settings?		
Interpersonal (Relationships)	Community (Neighborhood, school, gym, faith community, etc.)	Systemic/Institutional (Policies, larger context, etc.)
Triggers—	Triggers—	Triggers—
Stressors—	Stressors—	Stressors—



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Part II: Know my Symptoms

When I encounter triggers or stress, I experience...		
<i>Check all that apply. You can put an 'S' by response to stressor and 'T' by response to trigger if different reactions.</i>		
Physical Responses	Emotional Responses	Behavioral Responses
<input type="checkbox"/> Tunnel Vision	<input type="checkbox"/> I get angry or irritable	<input type="checkbox"/> I eat mindlessly or not at all
<input type="checkbox"/> I can't hear well	<input type="checkbox"/> My mood changes	<input type="checkbox"/> I isolate myself from family, friends or colleagues
<input type="checkbox"/> My hands shake	<input type="checkbox"/> I can't relax	<input type="checkbox"/> I procrastinate
<input type="checkbox"/> My breathing gets shallow	<input type="checkbox"/> I'm short-tempered	<input type="checkbox"/> I "overdo" things like exercising, spending, drinking, eating, etc.
<input type="checkbox"/> I start sweating	<input type="checkbox"/> I feel lonely	<input type="checkbox"/> I overreact
<input type="checkbox"/> My hands get clammy	<input type="checkbox"/> I get impatient	<input type="checkbox"/> I pick fights
<input type="checkbox"/> My heart races	<input type="checkbox"/> I feel overwhelmed	<input type="checkbox"/> I try to make others happy
<input type="checkbox"/> I get heartburn/indigestion	<input type="checkbox"/> I worry	<input type="checkbox"/> I grind my teeth, nail bite, pace or have other nervous habits
<input type="checkbox"/> I lose my appetite	<input type="checkbox"/> I feel anxious	<input type="checkbox"/> _____
<input type="checkbox"/> I can't sleep	<input type="checkbox"/> I tend to feel sad or depressed	<input type="checkbox"/> _____
<input type="checkbox"/> My mind races	<input type="checkbox"/> I get down on myself or my circumstances	<input type="checkbox"/> _____
<input type="checkbox"/> My mind goes blank	<input type="checkbox"/> _____	
<input type="checkbox"/> _____	<input type="checkbox"/> _____	
<input type="checkbox"/> _____	<input type="checkbox"/> _____	
<input type="checkbox"/> _____	<input type="checkbox"/> _____	
	<input type="checkbox"/> _____	



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When I experience a trigger, my body feels...

When I experience external stressors, I am most likely to respond by...

These responses effect my life in the following ways (this may include relationships with family, friends, colleagues, job performance, quality of life, etc.)...

Something I wish could change about my response to triggers and/or stressors is...

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Part III: Build Resilient Strategies

Strategy: (1) careful plan or method : a clever stratagem, (2) the art of devising or employing plans or **stratagems** toward a goal

Stratagem: an artifice or trick in war for deceiving and outwitting the enemy

ARC+ Model of Resilience



What strategies do you already use to help you stay calm and build resilience?

Based on what you’ve learned today, which of the 5 elements of the ARC+ model of resilience do you think you would benefit from cultivating?



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Now consider some of the strategies we discussed that could help cultivate that element of resilience. Choose one or two things you would like to incorporate into your daily routine for the next 2 weeks.

Circle your choices or write them in at the bottom

Build Strong Attachments	Self-Regulation skills	Competencies & Confidence	Practice Gratitude	Cultivate Hope
Phone a friend	Take regular walks	Volunteer	Start a daily gratitude journal; list 3 things daily	Plan a new/novel experience
Schedule some face time	Clean/organize your space	Find/practice a hobby	Use a gratitude app	Read a story of inspiration
Resolve a conflict	Dance	Learn a new skill (for work or home)	Write a gratitude letter	Practice your spirituality
Recruit a mentor	Breathe	Attend a training	Think about your language	Embrace your culture
Join an affinity group	Eat well & regularly	Learn about something new	Look for new, unexpected things to be grateful for	Practice family traditions
Plan a social outing or virtual gathering	Get 8 hours of zzzz/night	Reflect on your day, make note of what you’ve done well	Read or listen to stories about inspirational historical figures and role models	Consider what feels like an impossible situation, brainstorm at least 3 solutions
Give a hug	Journal	Ask a friend what they view as your greatest strengths		Set an intention for your day and check in periodically on progress
Visit family or friends	Sharpen your emotional intelligence			
Text a friend				
Cuddle with your kids, partner, pet or even a blanket				

Now it’s time to make a plan for how you will incorporate a new strategy into your routine.

How often will you practice this/these strategies? _____

What time during the day will you practice this/these strategies? _____

Where will you practice this/these strategies? _____