

The "ROLL" of Resilience: A Printable Worksheet

Resilience refers to our ability to manage our stressors so that we can persevere and adapt well in the face of adversity. Many things influence our resilience: our relationships with others, our thoughts and feelings, our physical and mental health.

In addition to taking care of our physical and mental health and managing our relationships, there are five key factors that serve as essential building blocks for true resilience:

- Living with purpose
- Living with authenticity and integrity
- Practicing perseverance
- Being self-reliant
- Living with balance and harmony

These five essential factors are known as the "the resilience core."¹ When we have a strong resilience core, we experience greater balance and stability in life, and are less likely to break down under stress and strain. It also means that when we do have setbacks, we are able to recover more quickly.

This mind map is meant as a tool to help you discover some of the connections between the different things that help us build our resilience. Feel free to colour in the squares and the lines. Try printing the page and curling the paper to create a continuous ROLL. Notice connections end to end, and side to side. Imagine this map as if it were a globe.

Take a moment to notice and be curious:

- What factors do you typically pay more attention to?
- What factors do you typically pay less attention to?
- What opportunities do you see for yourself, to build up your resilience?
- What are you most interested in developing further? Why?
- What will you do next?

1. Wagnild, G. (2014). *True resilience: Building a life of strength, courage and meaning*. Cape House Books.

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