

RESILIENCE AND COPING WORKSHEET (SIDE A)

1. What was the situation? Describe what caused you to experience stress (please choose an example that you would feel comfortable discussing with a classmate).
2. How did you cope with this situation? Describe the cognitive and/or behavioral actions you took in response to this situation.
3. How did you feel while you were coping with the situation? Did you experience any emotional (e.g., happy, sad, anxious) or physical changes (e.g., heart pounding, muscles relaxing)?
4. In your opinion, why were you able to be resilient in this situation? What factors contributed to your resilience?

RESILIENCE AND COPING WORKSHEET (SIDE B)

Think of a recent time in your life when you felt moderately stressed and were NOT resilient—that is, a time when you were stressed and your well-being was negatively impacted by the experience. With that situation in mind, answer the following questions:

1. What was the situation? Describe what caused you to experience stress (please choose an example that you would feel comfortable discussing with a classmate).
2. How did you cope with this situation? Describe the cognitive and/or behavioral actions you took in response to this situation.
3. How did you feel while you were coping with the situation? Did you experience any emotional (e.g., happy, sad, anxious) or physical changes (e.g., heart pounding, muscles relaxing)?
4. In your opinion, why were you *not* able to be resilient in this situation? What factors undermined your resilience?

APPENDIX 29.2: Resilience-Boosting Coping Strategies Handout

Please review the following coping strategies and check off each one that you have ever used to manage stress:

- ☐ Positive reappraisal/benefit finding: Reinterpreting a negative event by focusing on the “silver lining” or something positive that came from the experience.
- ☐ Problem solving: Taking efforts to resolve the problem or situation that is causing stress as a way to alleviate it.
- ☐ Acceptance: Coming to terms with the reality of what happened and that it cannot be changed or undone.
- ☐ Humor/laughter: Using funny content (e.g., TV shows, comedy specials, books) to amuse and possibly distract yourself.
- ☐ Practicing gratitude: Reflecting on aspects of your life for which you feel grateful through any activity (e.g., gratitude journal, writing a letter of gratitude to a loved one).
- ☐ Meditation/mindfulness: Focusing your awareness on the present moment and experiencing any thoughts, feelings, or sensations that arise without judgment.
- ☐ Self-compassion: Being kind to yourself in difficult moments and accepting that being imperfect is part of being human.
- ☐ Seeking social support: Reaching out to family, friends, or others for help, comfort, or assistance.
- ☐ Exercising: Engaging in some form of physical activity (e.g., walking, running, lifting weights, yoga).
- ☐ Engaging in a fun hobby: Spending time doing something that you enjoy (e.g., reading, cooking, making art, watching movies).

INTERESTED IN LEARNING MORE?

Check out these helpful guides from the American Psychological Association on how to reduce stress and boost resilience using these strategies!

- 11 healthy ways to handle life’s stressors: <https://www.apa.org/topics/stress/tips>
- Building your resilience: <https://www.apa.org/topics/resilience/building-your-resilience>