Worksheet Resilience and Wellbeing

**Please insert the following words correctly into the text below:**

goal, adapt, strengths, ability, different, mental health, family

Wellbeing and resilience are important in preventing the onset of …… …… problems as well as potentially lessening the severity of existing mental health problems. Wellbeing and resilience are vital to developing problem-solving skills, building and maintaining relationships and realistic …. setting, all of which greatly enhance an individual’s ability to perform and contribute meaningfully in daily life.

Resilience is always important, but it can particularly equip people for times of change and stress such as:

* life transitions and changes, such as starting a new job
* after the breakdown of a relationship, or …… problems
* if diagnosed with, or worried about a mental health problem (such as anxiety and depression)

**What is wellbeing and resilience?**

Good health is about more than just the absence of sickness. Resilience, which is directly related to wellbeing, is about having the ability to cope with and ….. to new situations. Having a sense of resilience and positive wellbeing enables a person to approach other people and situations with confidence and optimism.

**Signs of resilience and wellbeing:**

* confidence to approach new situations and approach new people
* realistic optimism
* avoiding constant self-blame
* ability to set goals
* positive self-image and self-esteem.

**What you can do to focus on wellbeing and resilience**

In a practical sense developing and improving on setting realistic and achievable goals, problem-solving and social skills all contribute to wellbeing and resilience. Other important skills include identifying and becoming aware of one’s own …….. and weaknesses.

**Setting realistic, achievable and measurable goals** is a great way to promote self-efficacy. One way to increase motivation (and minimise feeling pressure or ‘failure’) is to set sub-goals, smaller and achievable related targets.

**Understanding and avoiding negative self-talk** as well as actively practicing positive self-talk, is an important tool for building self-esteem. Self-talk, which is essentially internal reflections on personal ……. and/or image can greatly influence self-esteem and perceptions about personal ability.

**Developing and focusing on interpersonal skills**, especially learning how to engage with people from ……… backgrounds, is a valuable tool that will enhance self-esteem and ability to maintain personal and fulfilling relationships.