

BUILDING RESILIENCE: YOUR JOURNEY OF SELF-DISCOVERY & GROWTH

Imagine that you are about to embark on a transformative journey, one that will empower you to build resilience and discover your inner strength. Just as in a road trip, this journey may have its challenges, but it also offers you the opportunity to rewrite your narratives and overcome personal obstacles.

Let's begin by preparing for this incredible adventure.

What will I need?



A winding road with white dashed lines and yellow borders curves through a green landscape. There are several large, leafy green trees with brown trunks scattered throughout the scene. The background is a light green field with vertical lines representing grass.

1. Resources for Resilience-

- Skill: _____
- Strength: _____
- Coping Tool: _____
- Support System: _____

2. Momentos - Reminders of Hope

Reminders, affirmations, quotes, images or symbols that inspire hope and resilience in me.

3. Choose Your Fellow-Travelers

People you want to hold close during this journey. How can they support you as you build resilience?



4. Set Your Compass

Your values, goals, aspirations that will guide you on your journey to build resilience and grow personally.

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5. Pick Your Groove

Any songs, books, poems, or pieces of art that sources that inspire you make you. How do they empower you?

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As you engage in this journey, remember that building resilience is not a destination; it's a continuous process. Embrace the resources you've identified, cherish the inspirations that motivate you, lean on your fellow-travellers, and remain committed to your values, goals, and dreams. And of course, you can always remove and add other items in your backpack that can support you better in the twists and turns of life, and help you grow.

Because after all, resilience is not the absence of struggle; it's the ability to navigate it with courage and grace.

You've got this!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

