



Mental health skill building worksheet

A resilient person is able to effectively utilise their mental, emotional and behavioural strengths to cope with life's challenges. Following are some strategies that can help you become resilient.

Be aware of your own signs of stress	Know which activities can relax you Build your knowledge of relaxation strategies/ self soothing strategies.	Be aware of your own unhelpful thoughts. Counter them with facts and evidence.
<p>How can you tell you are stressed? Are there any noticeable emotional or behavioural signs that you have noticed?</p>	<p>What usually helps relax/distract you in times of stress? What are some self-soothing activities that help you the most?</p>	<p>Recall one negative thought from when you were recently stressed. Write the evidence for and against it. Assess if it was true.</p>
Work on enhancing positive emotions on a daily basis	Recognize, acknowledge and celebrate your strengths	Strengthen your social support system
<p>For e.g <i>keeping a gratitude journal</i> What three things are you grateful for right now?</p>	<p>What are your top three strengths that help you through a bad time?</p>	<p>Who are the people in your life that you can rely on in bad times?</p>

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References

[APA Dictionary of Psychology \(n.d.\) Resilience. American Psychological Association. https://www.apa.org/topics/resilience](https://www.apa.org/topics/resilience)

[Grabe, R., Pichon F & Carabine E. \(2015\) Psychological resilience: State of knowledge and future research agendas. Working Paper 425. Overseas Development Institute.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.