

Resilience Workbook



Moving forward in the midst of adversity

For details on how to use this toolkit please refer to the instruction pages.
Created for the South Asian context.

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The use of the English language throughout the workbook is purposely kept local, colloquial and contextual to the intended audience in South Asia.

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Why this tool kit?

The challenging times we live in currently have affected our lives, relationships, careers, finances, physical and mental health. It has aggravated our feelings of stress, anxiety, loss, grief and fear. We all need support and care to help us through these times. This tool kit is designed to aid our self-care, wellness and strengthen our support systems to deal with our multitude of feelings and challenges.

Who is this for?

It is primarily designed for South Asians, to work through the stress and struggles of life. It is a self-reflective tool to help meander through these times.

This workbook is designed to be used in multiple ways:

- ◆ Individually for your own reflection.
- ◆ In small groups of two or more to work through and learn together.
- ◆ With a facilitator using it with individuals or small groups.

What this tool kit hopes to achieve:

- ◆ Provide a space to reflect on our challenges and validate our experiences and feelings.
- ◆ Help us become self-aware and accept that self-care is essential, and not selfish.
- ◆ Present options of practical self-care essentials that we can practise towards improving our coping mechanisms and wellness outcomes.
- ◆ Provide referrals and contacts when we need help.

Approach of the tool kit:

Narrative style, personalised, relatable, material that can be used independently or in small groups.

Guide to use this workbook (Individuals)

Each of us are unique and so are our journeys. We value your story, your feelings, your strengths and your struggles. You are free to use this material in whatever way works for you. The guidelines here are to help you through the process.

- ◆ Take all the time you need to reflect and express yourself in any form you are comfortable with - words, images, drawings, symbols and making things.
- ◆ The worksheets are there to help you reflect.
- ◆ Do not let the worksheets restrict you.
- ◆ Use the worksheets as an aid alongside any other material you may find helpful.
- ◆ After you have gone through the workbook, if you feel the need for support or help, please reach out to professionals, friends or family.
- ◆ If you do not have access to help, contact us via Facebook, Instagram or the email address given at the end of the workbook.



Guide to use this workbook (Facilitator)

The facilitator will guide the learning process at the pace of the participants. The role of the facilitator is to provide the right environment and encourage the participants on their journey of reflection, growth and healing.

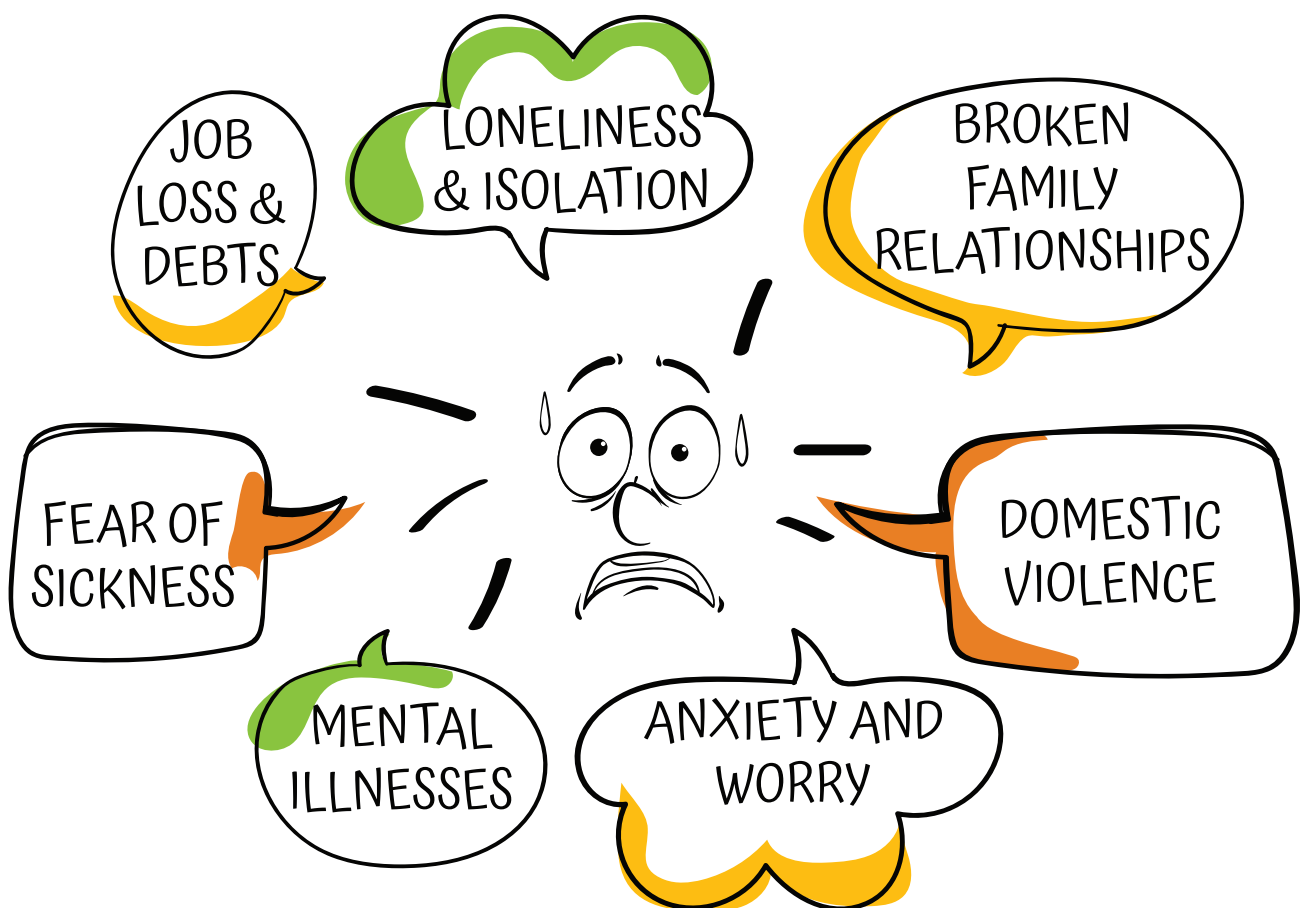


- ◆ It is important that those who facilitate should practise the self-awareness and self-care model. Facilitators should grasp both the content and methodology. The key to the success of the process is the facilitator.
- ◆ The facilitators can use their own creativity to engage with the group on this journey. The workbook provides scope for flexibility and creativity. The facilitator must be sensitive to the needs of their group members while using the material.
- ◆ The facilitators should believe in the ability of the participants to be proponents of their own healing process. Without this, it would be hard to achieve the objectives.
- ◆ Group processes begin with building trust. The facilitator has to spend adequate time with the group for trust to grow. They have to build a safe place with safe people for safe conversations. It is important to make time to hear stories, sing songs, play, laugh, cry and have fun together.
- ◆ Ground rules of listening, respect, confidentiality and care have to be emphasized, as it is crucial that group members can trust and respect each other.
- ◆ If there are more than 3 or 4 participants, it is recommended that there should be at least two facilitators. It could be one main facilitator and a co-facilitator for each session. This would help in supporting the main facilitator, in engaging with the group during small group activities and also to observe group dynamics and needs.
- ◆ The facilitators need to debrief after each session and plan the next session based on feedback from the previous session. Be aware of the dynamics and reframe the upcoming sessions accordingly.
- ◆ The facilitators should encourage the participants to be open and speak out freely. Therefore, one must allow the members of the group to proceed at their own pace.
- ◆ **The aim is NOT to finish the material as per the structure but to provide a platform for the group to explore, experience and reflect on issues that are relevant to them.**
- ◆ These are very intense sessions that may open up issues that have not been dealt with. Hence make sure the participants are prepared for this exercise and are willing to do it. It would be helpful to provide space for personal counseling or referrals, for issues coming up during the sessions.
- ◆ If there are group members disrupting the whole group, do not ignore it. Spend time with them and try to find out the reason and work with them privately. If they still cannot work with the group, it may be wise to recommend one-on-one sessions with them at a later date.
- ◆ Every participant in the group is important. Group sessions have to be interactive and group members should be encouraged to use a language that they are comfortable with.

Crisis in life can come slowly, gradually or like a landslide with great force.

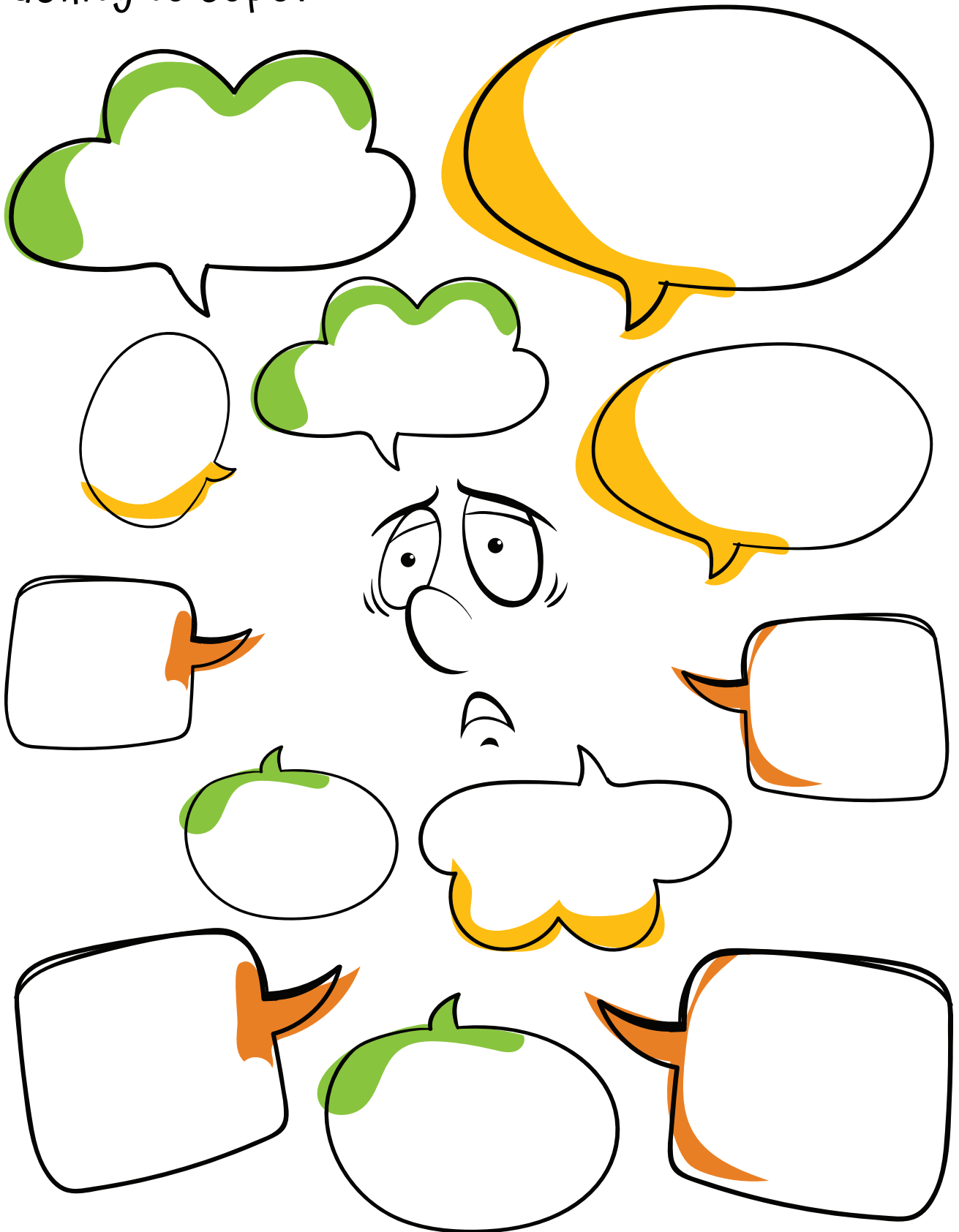


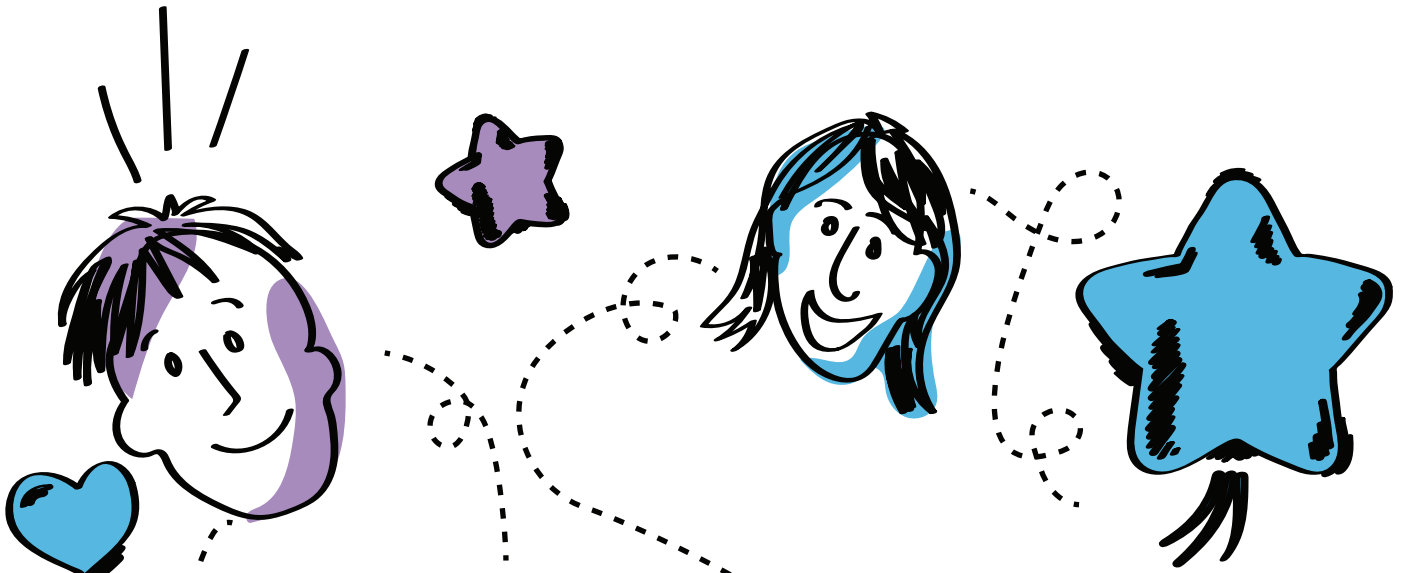
Adversity can strike us at any time and **in many ways!**



Our ability to face adversity is being stretched to its limits. We need to build our resilience muscles to survive and thrive in daily life.

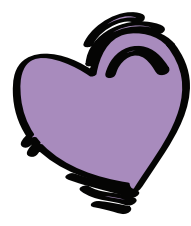
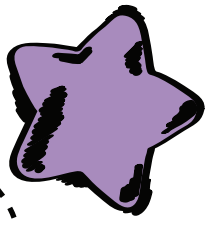
What adversities or challenges have you had to face in recent times that has stretched your ability to cope?



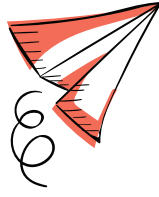


RESILIENCE

enables us as individuals and communities, to cope with the stress and struggles of daily life.



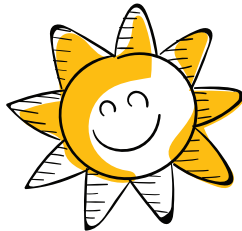
Resilience is the **core strength** you use to lift the load of life.



Resilience is our **ability to cope** with the normal stress of life as well as being able to **bounce back** from crises.

WHAT IS RESILIENCE?

Resilience is the process of **adapting well** in the face of adversity, trauma, tragedy, threats or even significant sources of stress.

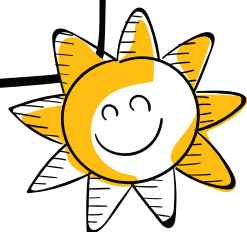
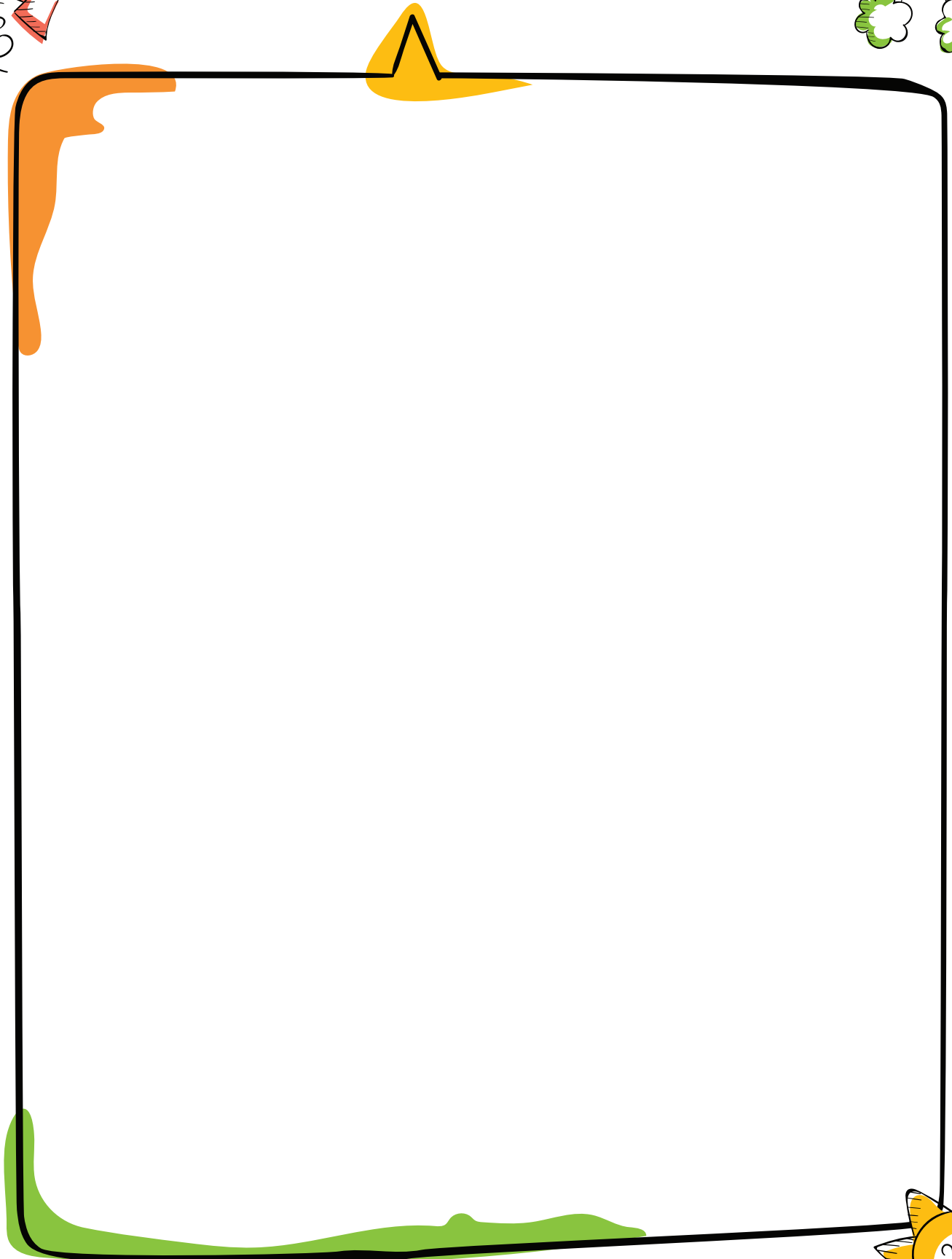


Resilience is the quality of being able to **return quickly** to a previous good condition after problems.

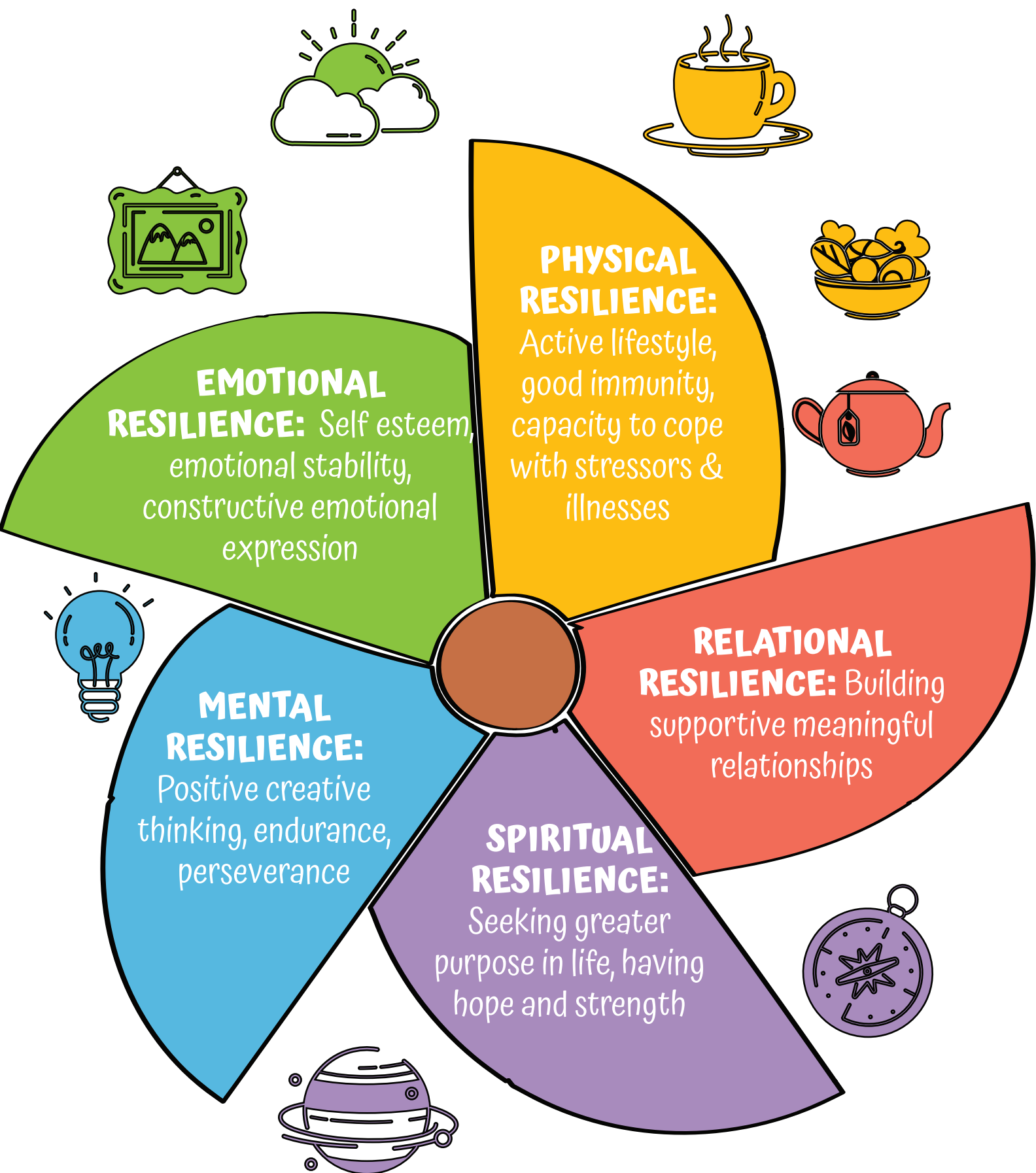
Resilience is the **ability to bend** and not break, bounce back, and grow in the face of adverse life experiences.



Express what 'Resilience' means to you through drawings or words or any other form.

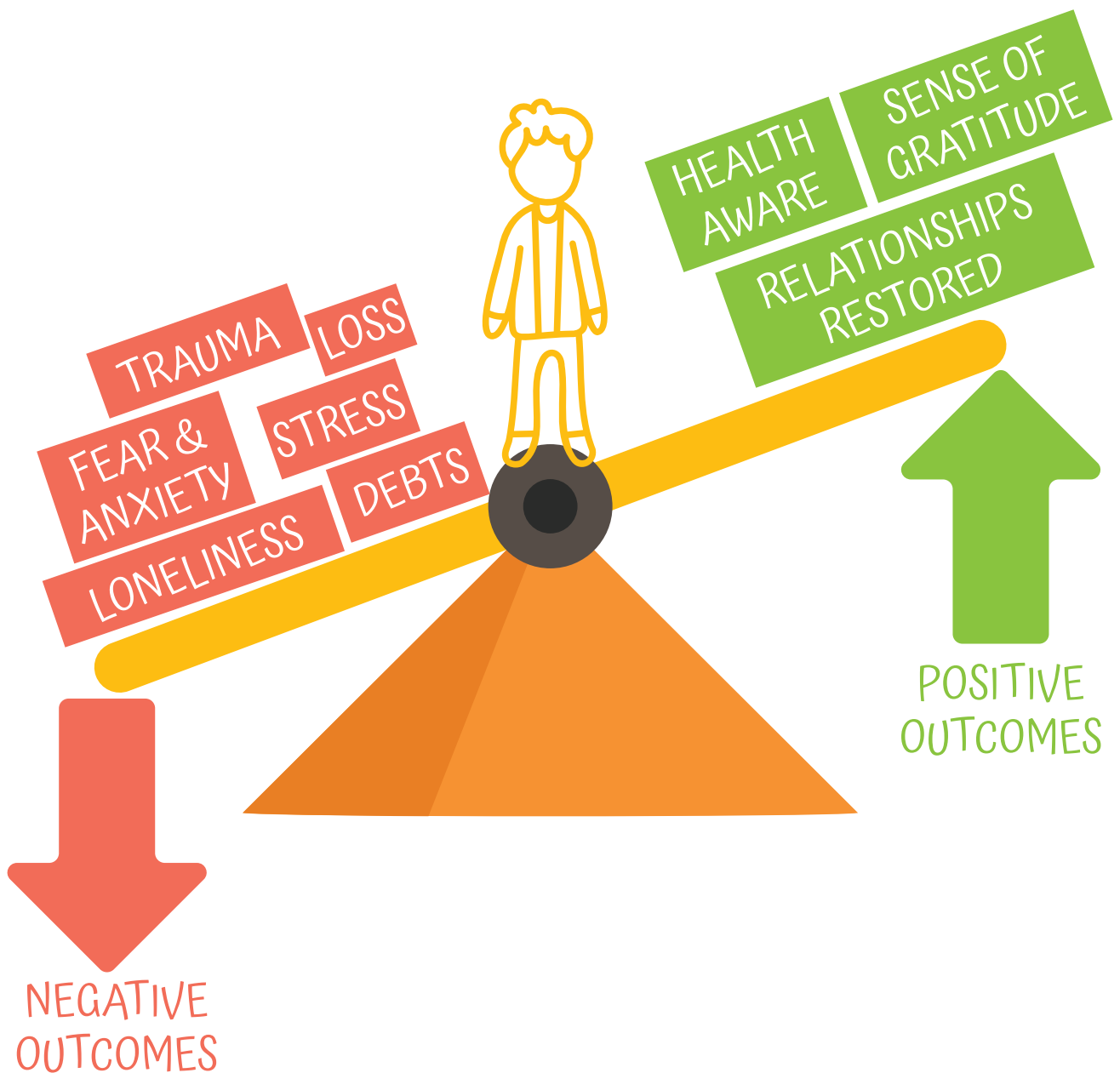


FACETS of RESILIENCE



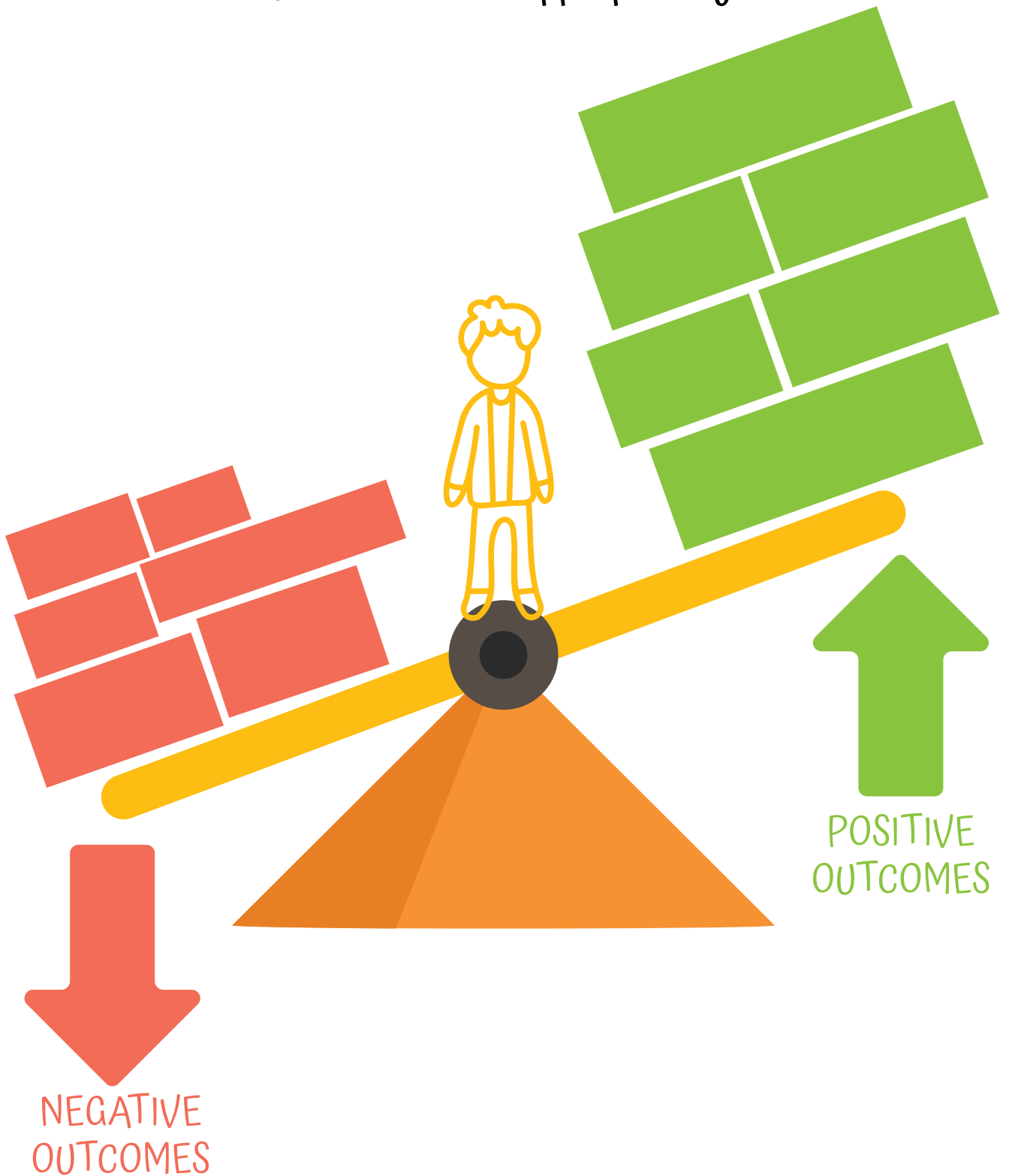
RESILIENCE READINESS

We can build our resilience so that we can thrive even in the midst of adversities



LOAD UP POSITIVE SIDE, REDUCE NEGATIVE SIDE

Fill in the boxes appropriately



Down: Things that push me down/ reduce my ability to be resilient
Up: Things that build me up/ increase my ability to be resilient

BUILDING RESILIENCE

Resilience is a dynamic process. It is influenced by:

- **life events and challenges**
- **learning & practice**
- **personality and life experience**



We can always learn & grow in our capacity to face life situations. Building resilience is possible.

GROW IN RESILIENCE



BUILDING RESILIENCE



RELATIONAL RESILIENCE

Connect With Others

- * Nurturing relationships strengthens resilience
- * Build on friendships, family ties and other caring relationships
- * Try to establish and nurture a supportive social network even if virtual

Find A Resilient Role Model

- * Find people who inspire you in the way they have dealt with life
- * Their values can influence us
- * Having role models and mentors can help us in times of stress



MENTAL RESILIENCE

Accept Reality

- * Accepting the reality of what cannot be changed, enables us to go forward
- * Knowing what is in our control and working to make things better

Hope Gives Perspective

- * Be aware of our own negative thoughts and keep a positive attitude about our adverse situations
- * Remember how we faced our past struggles
- * We have it in us to overcome this too





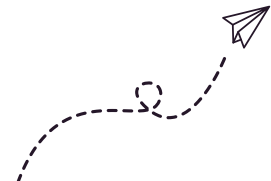
SPIRITUAL RESILIENCE

Meaning and Purpose

- * Having something to look forward to, a purpose, gives us strength to overcome adversity
- * So seek out that which gives meaning to your life and pursue it

Practise Gratitude

- * Celebrating & appreciating what we have, lifts our spirit and gives us the right perspective
- * Gratitude can bring light into our dark places



PHYSICAL RESILIENCE

Self Care

- * Being aware of our needs and caring for ourselves is crucial to building resilience

Pursue Wellness

- * Engage in activities that will help; include regular exercise, healthy eating, be around caring people, and prioritise rest and relaxation





MOTIVATIONAL RESILIENCE

Set Goals

- * Having simple, realistic, short term and long term goals, takes our eyes off the challenging situations and gives us an alternative focus
- * Work towards these goals celebrating accomplishments along the way
- * Take action and build that resilience

Be Flexible

- * Keep goals flexible in order to face change
- * Do not be rigid
- * Live life and find joy in it, so that even when one door closes another opens



EMOTIONAL RESILIENCE

Embrace Your Emotions

- * Do not bottle up your emotions, identify your emotional struggles and express it
- * Find someone to share it with
- * Acknowledge your fears and losses, find ways to grieve, and do things that bring you joy

Self Worth And Self Value

- * Know that you are valuable because of who you are and nothing that happens to you reduces your worth and value
- * You have the potential to take on life





Reflect on what you can do to build your resilience in each of these areas of your life. Write down practical ideas that are doable.



RELATIONAL RESILIENCE

MENTAL RESILIENCE

* SPIRITUAL RESILIENCE

PHYSICAL RESILIENCE *

MOTIVATIONAL RESILIENCE

EMOTIONAL RESILIENCE



Person I want to connect with



How often will I connect
E.g. weekly/ monthly etc.



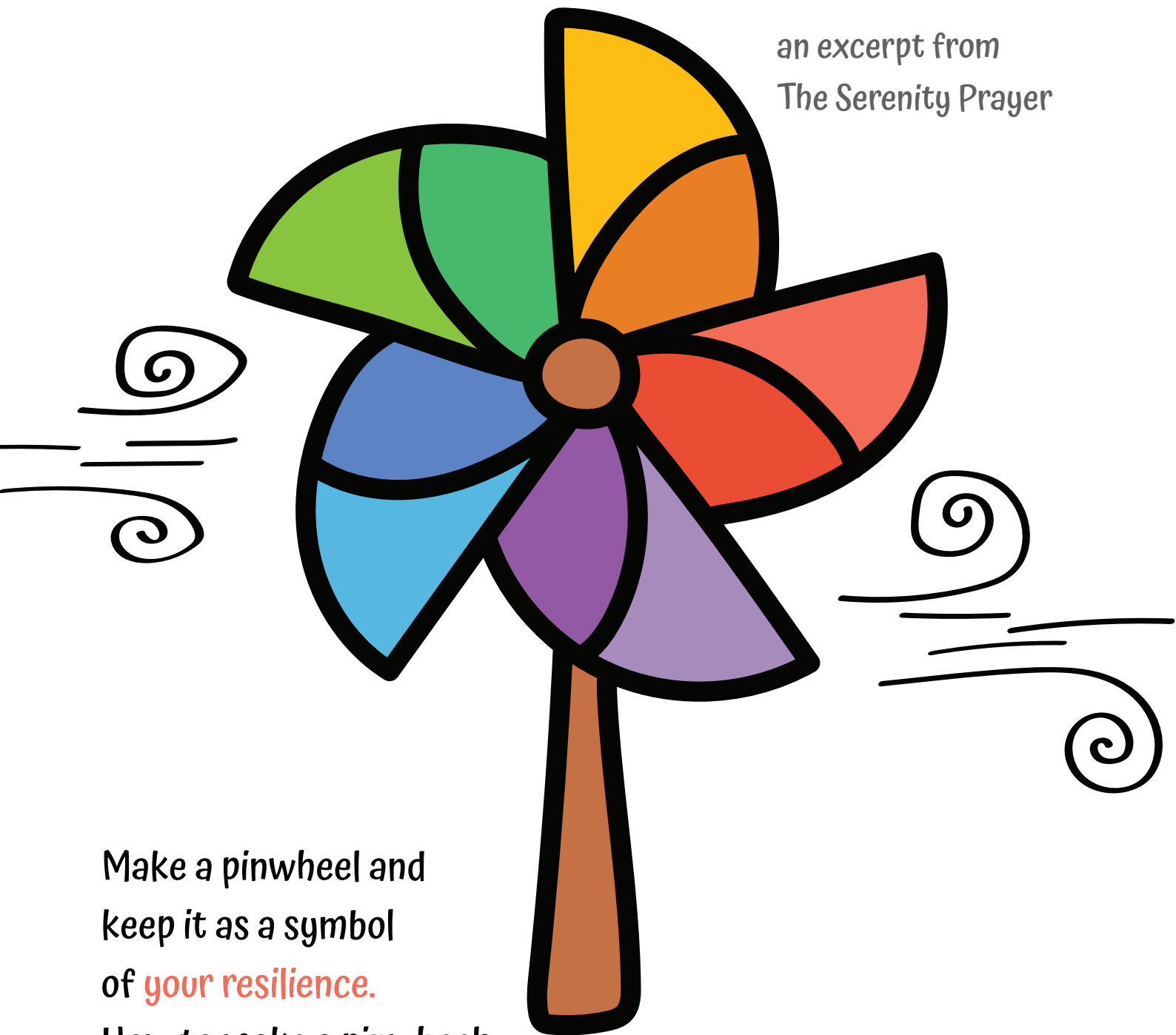
How will I connect
E.g face2face/ zoom /phone call etc.



When you connect, reflect on how you have been building your resilience and discuss how you can continue to grow.

"God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference."

an excerpt from
The Serenity Prayer



Make a pinwheel and
keep it as a symbol
of **your resilience**.

How to make a pinwheel:
<https://youtu.be/HNOGxOQMzME>



HELP IS AT HAND

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www.saantvanaorg.org