

How resilient are you?

Introduction

Complete this activity now and then again in a couple of months' time, to help you see where you have built your resilience.

What to do

Rate each of the statements listed below on a scale of 1 to 5, where 1 = 'Never' and 5 = 'Always'. Put your rating next to each statement based on how you feel at this time.

Total up the points next to each statement to calculate your score.

1 — Never / 2 — Rarely / 3 — Sometimes / 4 — Frequently / 5 — Always

Statements

Statement	Rating
I enjoy my time with my family and friends	
I take care of myself with proper rest, a healthy diet and exercise	
My life has meaning and purpose	
I know how to keep work at work and home at home	
I enjoy my job and find it fulfilling and satisfying	
I have plenty of leisure time for me, my family, and my friends	
I know how to manage myself effectively in stressful situations	
I welcome change as an opportunity to grow	
I know I can deal with whatever comes my way	
I have the support I need to deal with the challenges I face	
Generally, I sleep well	
I am actively involved in my community	

Total =

Then look at the scores below

Scores: Add your ratings up and match them to the scores below.

12-24	Low resilience. You may be suffering from some of the detrimental effects of stress and should seek out resources to help you cope more effectively. Some of the symptoms you may be experiencing include headaches, problems with sleeping (insomnia or sleeping too much), irritability, difficulty concentrating, depression, anxiety, difficulty balancing work and home, and indecision.
25-36	Fairly row resilience. You may be suffering from chronic stress, depending on your ability to deal effectively with the changes in your life. It would be helpful to learn ways to deal more effectively with change and to minimise the adverse effects of stress. Consider additional support.
37-48	Moderate resilience. You have a fair degree of resilience but still maybe experiencing problems because of the stress in your life. IF you are facing a significant number of changes and challenges, you may want to access resources to help you enhance your personal power.
49-60	High resilience. You have a fairly high level of resilience to stress and are probably quite effective in dealing with the stresses, challenges, and changes in your life.

Resilience and wellbeing Top tips

1. Be alert to signs you are moving outside your comfort zone
2. Be aware of and deal with external pressures
3. Get help if you are feeling over stressed
4. Look out for your colleagues
5. Develop a healthy body through exercise and activities outside work
6. Develop a healthy mind through relaxation and connections with others
7. Develop coping strategies to help a positive attitude
8. Get plenty of sleep, review your bedtime routine
9. Eat a sensible diet: reduce fats and sugars
10. Reduce alcohol and caffeine
11. Get plenty of outdoor fresh air
12. Do something you enjoy
13. Help someone else / volunteer
14. Try to avoid watching too much negative news

BE KIND

ACCEPT THE WORLD IS NOT PERFECT

APPRECIATE SOMEONE TODAY