



L'ARCHE
lethbridge

PERSONAL
RESILIENCE.
PLAN



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Finding Balance in Resilience

Congrats L'ARCHE on your 30th Anniversary. All of things that makes L'ARCHE resilient as an organization are the same factors that make us resilient as individuals.

- Foster an environment in community (*Connection*)
- Responds to the changing needs of our members (*Making our needs a priority*)
- Engage in our diverse cultures, working together (*Supporting Each Other*)
- We celebrate the unique value of every person and recognize our need of one another (*Awareness and Support*)

Resilience is “an ability to recover from or adjust easily to misfortune or change”. It is a journey of learning, awareness and growth. It is the foundation to our overall well-being. It is about ensuring you have what you need when you need it. Finding balance in all things. The verb of balance is defined as keeping or putting (something) in a steady position so that it does not fall.

Consider what does resilience mean to you? What do you need to keep a steady position?




Resilience Check-In

Explore your resilience over multiple days in a row.

Close your eyes, settle into your breath, and take a few minutes to check-in with yourself.

Date: _____


How do I feel today?



Why?

Date: _____


How do I feel today?



Why?

Date: _____


How do I feel today?



Why?

Date: _____

How do I feel today?

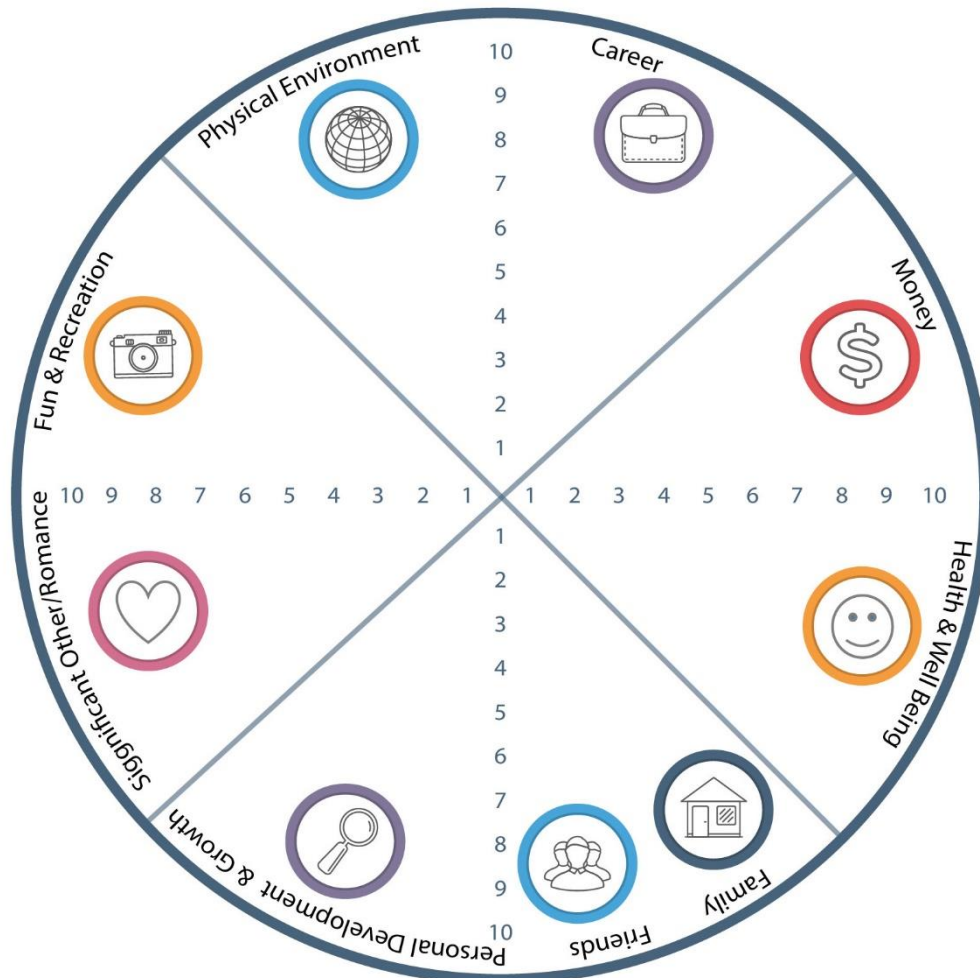


Why?



Wellness Wheel

Complete the Wellness wheel



Credit to: Michael Arloski (Book: Wellness Coaching for Lasting Lifestyle Change)



Wellness Wheel Reflection

Any insight or awareness? What areas require more of your awareness, attention and/or focus? Consider how this affects your resilience? What increases your resilience? What depletes your resilience?

The results of the assessment could indicate areas you might want to explore further:

- Consider how exploring your own wellness might impact or improve some of the areas in your life.
- How can you incorporate more of what you love/enjoy into your life?
- How does this assessment help you incorporate more balance into your life?
- What do you want to do more of? Less of? What would you like to change?



Resilience Plan

Developing your Resilience Plan

Consider what are your resilience priorities. What are your resilience goals? Resilience takes self care and self compassion. What do you need to make sure you remain healthy and strong?

Reflect on the following questions:



Credit to: Positivepsychologyprogram.com

For Example:

What supports keeps you upright? – meditation, family, your pet

What strategies keep you moving? – going for a walk, exercise, nature

What is your sagacity that gives you comfort and hope? – faith, gratitude, achieving your goals

What are your solution seeking behaviours? – reaching out when you need help, writing/journaling, reflection



Develop your resilience plan below

Supports

Strategies

Sagacity

Solution-Seeking

