

SMART 2 SMARTER – RESERVES AND RESILIENCE ACTION PLAN

Think of the images of a sponge or a coil: they get bent out of shape, but they spring back. Resilience does not mean how you *initially* react to adverse events, but how you *eventually* react to them. Being Resilient means having reserves. Reserves free up space mentally, physically and spiritually so that you can focus on what really matters. Building reserves is the act of saving up for a rainy day in multiple aspects of your life.

The following factors are examples of resilience reserves:

- **Economic Security** Surplus resources, no debt, stable income, own home or employment contract.
- **Emotional Security** Supportive partner, emotional well-being and mental health, and resolved regrets, guilt or shame.
- **Self-Care** Physical and mental fitness, balance, quality time for leisure, engaged passions.
- **Supportive Work Environment** Clear role and contract terms, adequate resources, time demands, manageable, clear life/work boundaries, and good relations with boss and team.
- **Significant Relationships** Personal relationships and social support networks.
- **Participation** Active discussion and participation in responding to and implementing the change.
- **Priority and Time Management** Stay ahead of deadlines, remove clutter, clear any “weeds,” invest time on activities that align with values.
- **Spirituality** Space and time for spirituality, meditation and reflection.
- **Evolving** Regularly puts oneself in a position to initiate, innovate or improve.

Directions

Review the list of resilience reserves on the current and next page.

1. Put a **(+)** by the reserves of which you have plenty and know how to get more.
2. Put a **(-)** by the reserves of which you have very little and need to get more.
3. Put a **(?)** next to the reserves that you need to collect, create or store more of in your life.
4. Notice which categories have the most **(+)**'s or **(-)**'s.
5. Invite a friend or colleague to review your reserve assessment.
Ask: What can I do to gather more reserves in this area?
6. Complete the Reflect and Develop Questions on the next page.
7. Write on an index card the reserves in which you have an abundance. Then, write on a separate index card the reserves in which you need to strengthen your resilience.
8. Tack both index cards on the wall or carry them in your pocket to remind you that building reserves is a daily habit.

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Life Expectations for Success and Significance

- I have the skills and support to persevere despite challenges and setbacks.
- I get the message “you can succeed” at work, home or school.
- I know what I am good and competent at doing.
- I believe in my talents, and give myself positive messages to accomplish goals.
- I take initiative and know how to tap the “fire in my belly” to motivate myself.
- I am perceptive, and exhibit insightful understanding of people and situations.

Opportunities for Meaningful Participation

- My voice (opinion) and choice (what I want) is heard and valued in my relationships.
- My opinions and ideas are listened to and respected at work or school.
- I provide service in my community, faith organization or school.
- I feel connected to a shared purpose with most people at my work or school.
- I have a community that gives unconditional love and is there for me.
- I believe and have faith in something greater than myself.

Clear and Consistent Boundaries

- My relationships with friends and family members have clear, healthy boundaries (respect, personal autonomy, and giving and receiving).
- I experience clear, consistent expectations at work or in my school.
- I stand up and do not let others take advantage of me. I say “no” when I need to.
- I adapt and, when needed, distance myself from unhealthy people and situations.
- I stretch my comfort zone to positively cope with situations.
- I do not tolerate distractions that pull me off course. I adjust, bend and continue to climb.

Life Skills

- I have (and use) good listening, honest communication, and healthy conflict skills.
- I have the education, training and skills to perform well in the workplace or in school.
- I know how to set a goal and take the steps to achieve it. I expect a positive future.
- I have a love of learning (capacity for and connection to learning).
- I know how to express myself through artistic and creative methods.
- I have a good sense of humor, including the ability to laugh at, and with, others.

Self-Care

- I participate in daily exercise that gets my blood pumping and endorphins flowing in my brain.
- I limit the amount of caffeine, alcohol and sugar I eat during times of stress or uncertainty.
- I fall asleep easily, do not wake up during the night, and average six to eight hours of sleep.
- I schedule time and space for fun and leisure activities where I can laugh or simply “chill out.”
- My work or school environment is healthy to my psychological well-being, and I know how to manage toxic people or bullies.
- I eat three to five small meals a day with a balance of fruit, vegetables, grains, fish, meat and water.

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Reflect and Develop**Plenty in the Reserve Bank:**

List the five statements where you have plenty of reserves in your life and know how to get more.

These are the reserves next to where you placed a **(+)**.

- In which category are most of the reserves located?
- How have you made this a priority?
- How can you use these resiliency builders to manage current problems or stressors?

Start to Gather and Save:

List two or more areas where you need to build and replenish reserves in your life

These are the reserves next to where you placed a **(?)**.

- In which category are most of these reserves located?

List two or more areas where you have few reserves in your life.

These are the reserves next to where you placed a **(-)**.

- How can you make replenishing or gathering reserves in these areas a priority?
- How will acquiring these resiliency builders help you to manage current problems or stressors?