









RESILIENZA – Resilience in action

 <p>Acknowledging your own achievements and value, congratulating yourself</p>	 <p>Having fun, playing</p>
 <p>Being kind and patient with yourself</p>	 <p>Marveling and admiring the world around you</p>
 <p>Setting motivating goals</p>	 <p>Finding opportunities to rejoice, sharing the joy of others</p>
 <p>Finding or giving meaning to what happens to you</p>	 <p>Expressing anger or annoyance</p>
 <p>Being attentive to your inner experience, taking time to reflect</p>	 <p>Allowing yourself the right to be sad, to cry</p>











RESILIENZA – Resilience in action

 Identifying your skills	 Eating regularly and healthily
 Developing your skills	 Practicing a pleasant bodily or sporting activity
 Using your skills	 Getting enough sleep and rest
 Having your skills recognized	 Taking care of your body and your appearance
 Learning new skills	 Breathing deeply

RESILIENZA – Resilience in action

 <p>Spending time in nature</p>	 <p>Arranging your environment in a pleasant way</p>
 <p>Spending time with animals</p>	 <p>Saving or spending money to treat yourself</p>
 <p>Taking care of your garden or your plants</p>	 <p>Appreciating certain objects and taking care of them</p>
 <p>Helping protect the environment</p>	 <p>Returning to comforting places or objects</p>
 <p>Getting some fresh air and sunbathing regularly</p>	 <p>Taking transportation for a change of scenery</p>

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 <p>Spending time with loved ones</p>	 <p>Getting medical attention when needed</p>
 <p>Feeling part of a group, a community</p>	 <p>Getting help or psychological support</p>
 <p>Seeking comfort and advice from others</p>	 <p>Training yourself, getting an education</p>
 <p>Doing a service to others, making yourself useful</p>	 <p>Enforcing/defending your rights</p>
 <p>Showing affection to others</p>	 <p>Obtaining material or financial assistance if necessary</p>

RESILIENZA – Resilience in action

 <p>Immersing yourself in a good book, magazine, or newspaper</p>	 <p>Praying, meditating</p>
 <p>Watching a good film, series, or play</p>	 <p>Participating in religious rituals</p>
 <p>Listening to a good piece of music or a radio show</p>	 <p>Reading sacred texts</p>
 <p>Visiting a museum, an interesting exhibition</p>	 <p>Forgiving others</p>
 <p>Practicing an artistic or creative activity (writing, music, art...)</p>	 <p>Feeling or expressing gratitude</p>






































RESILIENZA – Resilience in action

 <p>Acknowledging and naming the difficulties that arise</p>	 <p>Spending pleasant times with your colleagues</p>
 <p>Facing difficulties, fighting them actively</p>	 <p>Taking breaks during your workday</p>
 <p>Developing long-term plans to resolve challenges</p>	 <p>Having constructive discussions with your colleagues or superiors</p>
 <p>De-dramatizing the importance of difficulties in your life</p>	 <p>Managing your schedule and tasks independently</p>
 <p>Looking for the positive, even amid difficulties</p>	 <p>Taking on stimulating professional challenges</p>

RESILIENZA – Resilience in action

 <p>Varying your tasks throughout the day</p>	 <p>Placing limits between your private life and your professional life</p>
 <p>Devoting yourself to a single task for a long time</p>	 <p>Spending a day without screens or phones</p>
 <p>Developing new professional interests</p>	<p>Allowing yourself time to complete small, non-urgent tasks</p>
 <p>Refusing to take on additional responsibilities</p>	 <p>Refusing to work weekends or evenings</p>
 <p>Taking vacations, days off</p>	 <p>Getting supervision, coaching, or mentoring</p>

RESILIENZA – Resilience in action

<p style="text-align: center;">NEVER</p>	<p style="text-align: center;">SOMETIMES</p>												
<p style="text-align: center;">OFTEN</p>	<p style="text-align: center;">Instructions</p> <ol style="list-style-type: none">1) Sort activities based on how often the person performs them.2) Activities “often” practiced: Select 3 activities that the person would like/could do this week.3) Activities “sometimes” or “never” practiced: Identify 3 activities that the person would like to do more often and how.												
<p style="text-align: center;">Ressources</p> <table><tr><td> Psychological</td><td> Social</td></tr><tr><td> Emotional</td><td> Institutional</td></tr><tr><td> Skills-related</td><td> Cultural</td></tr><tr><td> Biological</td><td> Spiritual</td></tr><tr><td> Natural</td><td> Strategic</td></tr><tr><td> Material</td><td> Work-related</td></tr></table>	 Psychological	 Social	 Emotional	 Institutional	 Skills-related	 Cultural	 Biological	 Spiritual	 Natural	 Strategic	 Material	 Work-related	<p style="text-align: center;">RESILIENZA – Cards - Resilience in action - (© S. Rochat, 2020)</p> <p style="text-align: center;"></p> <p style="text-align: center;">see Chapter 9.3 of the book “Mapping career counseling interventions” for more details</p>
 Psychological	 Social												
 Emotional	 Institutional												
 Skills-related	 Cultural												
 Biological	 Spiritual												
 Natural	 Strategic												
 Material	 Work-related												

Last name, first name: _____

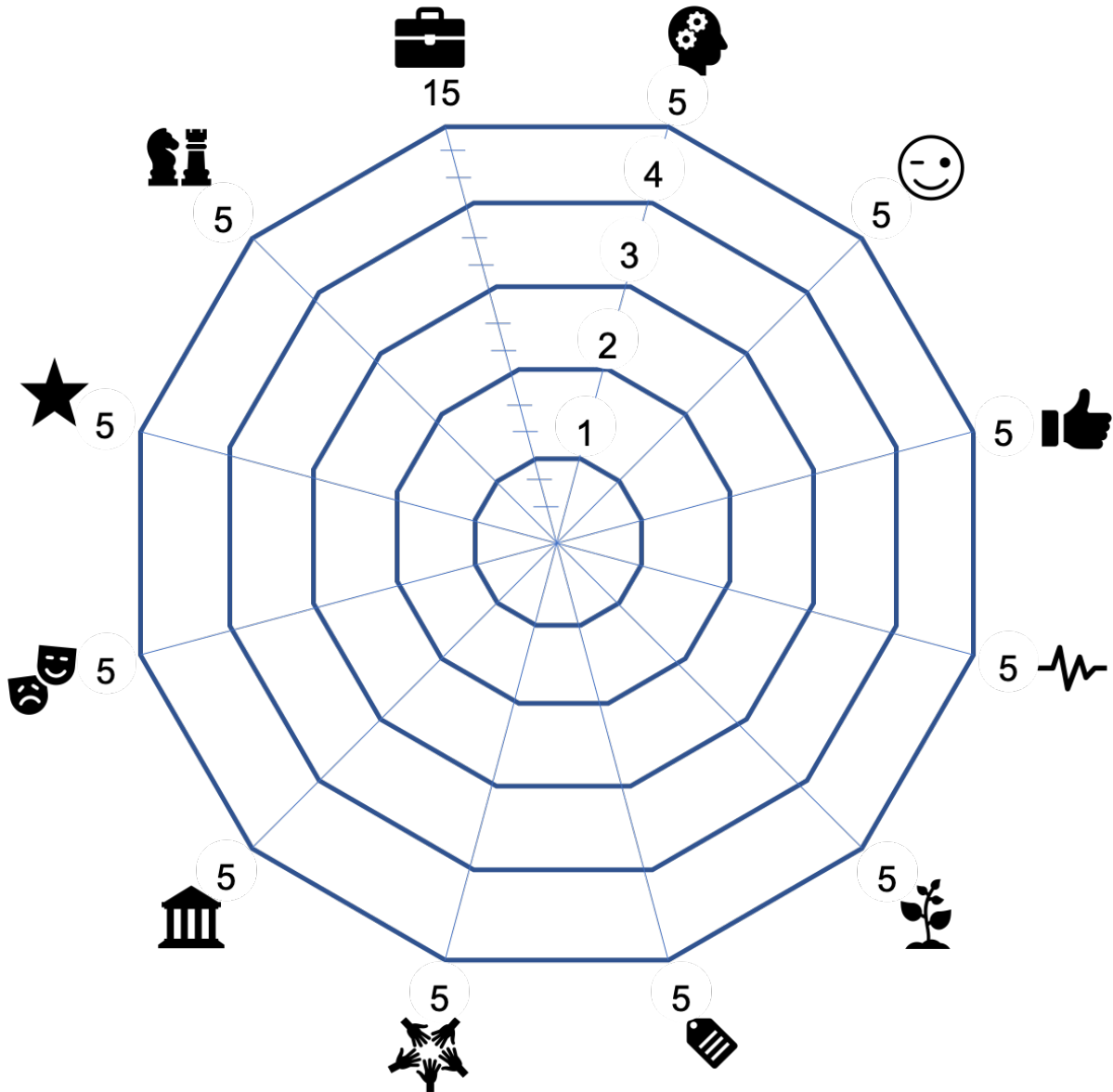
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RESILIENZA Inventory

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Add up the resourceful activities that you often practice in each area and record the result in the chart below.



🧠 Psychological
😊 Emotional
👍 Skills-related

🌿 Biological
🌱 Natural
📦 Material

🌟 Social
🏛️ Institutional
🎓 Cultural

★ Spiritual
🏰 Strategic
👜 Work-related