

Resources and Skills



Social

- Drawing on the strengths of friends, family, co-workers
- Knowing who and how to ask for help
- Volunteer work, helping others
- Being part of a community (sport, clubs, fundraising, religious)



Psychological

- Staying optimistic and hopeful
- Setting and adjusting goals
- Practicing gratitude
- High self-esteem/self-efficacy ("I can do it!")
- Mindfulness practices
- Knowing and using own strengths
- Problem solving skills



Spiritual

- Meditation or other spiritual practices
- Time in nature or at a place of worship
- Alone time
- Connected to something bigger



Vocational

- Some control over workload and work-type
- Recognition and appreciation
- Happy with finances, future security
- Opportunities for growth and change
- Time management skills
- Work-life balance and boundaries
- Feeling a sense of purpose



Physical

- Physical activity
- Sleep hygiene
- Eating healthily
- Healthy Drinking habits
- Reduce smoking/drug taking
- Resting



Emotional

- Anger, stress, anxiety management
- Able to blow off steam/vent emotionally
- Self-compassion and kindness