**Speaker 1 – Mental Health and Resiliency**

**Resiliency Plan**

Use this form to help you map out some ways you can increase your resiliency. Enter your information in the boxes. They’ll expand as you type, so use all the space you need.

**Name:**

**Overall Goal** (What’s the big wellness goal you want to work on?)

**Main Challenge Area** (What might be the biggest challenge to your wellness goal?)

**My Protective Factors** (See the resource list. What are positive aspects in my life I can focus on?)

**My Risk Factors** (See the resource list. What are negative aspects in my life I can guard against?)

**My Psychological Needs** (What makes me feel at home, e.g. values being met, appreciation, collaboration, support, agency.)

**Now, take the above information and incorporate it into a plan for yourself below**

**My Steps to Boost My Mental Health** (What am I doing, or can I do, to help myself?)

**My Steps to Lower my Stress** (What can I be doing to keep stresses on me in check?)