

MY RESILIENCE PULSE CHECK

Context: Our ability to be resilient changes over time. Building and strengthening self-care practices can help you navigate difficult times and build your capacity for resilience in the face of change and challenging circumstances.

Instructions

- Rate statements.** Use this scale to rate each statement: *Not Well*; *Somewhat Well*; *Really Well*.
- Complete My Self-Care Plan.** Look at your scores and consider: in what area are your **red** / **yellow** / **green** dots concentrated? Or is there a more balanced distribution?

		How am I doing?	Not Well	Somewhat Well	Really Well
Self-Care	1.	I make time for of activities that restore my energy. (i.e. read, meditate, exercise)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	Self-care is part of my daily routines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	I am able to put myself first.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Energy	4.	I am good at making time to exercise. (i.e. go for a walk alone or with family/friends)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	5.	Overall, I get enough sleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	6.	I generally eat a healthy diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perspective	7.	I generally am able to get something positive out of negative experiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	8.	I am good at making time for activities that mentally stimulate me. (i.e. reading, music, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	9.	When I am under pressure, I can still make decisions and problem solve.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Empathy	10.	I can acknowledge my own emotions and express them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	11.	I can recognize and understand others' emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	12.	I can change and adapt my mood when needed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Connectedness	13.	I am good at building relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	14.	I am good at making time to connect face-to-face or virtually with people I care most about.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15.	I am good at nurturing my relationships with friends and family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Purpose & Values	16.	I have a strong sense of purpose at work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	17.	I have a clear sense of my strengths and find opportunities to use them regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	18.	I have a clear sense of my own values and my actions reflect my values.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THP's Multidimensional Model of Resilience



Definitions – The Domains of Resilience

- Self-Care:** ability to engage in activities that restore energy and bring you joy
- Physical Energy:** ability to nourish yourself with sleep, exercise, and food
- Perspective:** ability to remain optimistic in the face of reality
- Empathy:** ability to understand self and others and act accordingly
- Connectedness:** ability to build positive and supportive connections
- Purpose & Values:** having a purpose and values that guide what you do

MY SELF-CARE PLAN

SELF-AWARENESS

1. In what areas of the THP Resiliency Model am I doing really well?

(i.e. areas with most green dots)

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2. In what areas of the THP Resiliency Model will I need to work on?

(i.e. areas with most red and yellow dots)

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SELF-DEVELOPMENT

Areas with red dots I would like to work on

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-
-

New practices I could start doing or continue doing

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-
-

Areas with yellow dots I would like to improve

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-
-

New practices I could start doing or continue doing

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-
-

Areas with green dots I would like to further strengthen

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-
-

New practices I could start doing or continue doing

-
-
-

MY COMMITMENT

What is one thing I will start doing differently to take better care of myself?
