Reminders of Resiliency

Briefly summarize a difficult experience that you, or a family member or friend overcame (e.g., family member going through divorce, a best friend losing a pet, a friend moving to a new school, etc.).

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Identify 3 ways that you or your loved one were able to overcome the difficult or stressful experience (e.g., Friend or family member offering support, attending community events, speaking to a teacher or counsellor, etc…):

1. _____
2. _____
3. _____

Identify one key word or phrase that is an example of how you find resiliency

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