

Think of a time a time in your life when you felt resilient, or where you went through difficulty and came out of it feeling stronger. Write down what supported you through that time, and any recovery time, under the following four headings (these are your natural SSRIs!). Once you have done that, mark a star by the supports that are available to you right now, and see if you can adapt or modify any that aren't available to you, to make them suitable to your current situation. Add any new ones. Underline the supports you particularly want to make sure you draw on during this time. Check back to this list often.

Strategies Things you do, eg activities or practices.	Strengths Things about you, eg character traits or habits.	Resources Who or what is in your environment.	Insights Things you know to be true, quotes, ideas you have learned