Resilience Includes Resources

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character has coped while lacking reliable transport.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Identify practical and relational supports rather than treating resilience as willpower.

3. What support would reduce the load?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.