

# My Resilience Plan

People I can call or talk to for help:

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- \_\_\_\_\_
- \_\_\_\_\_



What has helped me  
in the past:

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How I can look after myself:

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My strengths:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Things I want to say to myself:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_