

# RESILIENCE

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## PROTECTIVE FACTORS/RESOURCES

<b>Situation/Event:</b>		
<b>RISK:</b> What factors may have increased my risk or vulnerability to this situation?		
<b>How am I coping?</b>		
<b>RESOURCES:</b> What resources do I have that I can use to help me cope in a healthy way?	Internal Resources	
	External Resources	
What changes can I make now?		