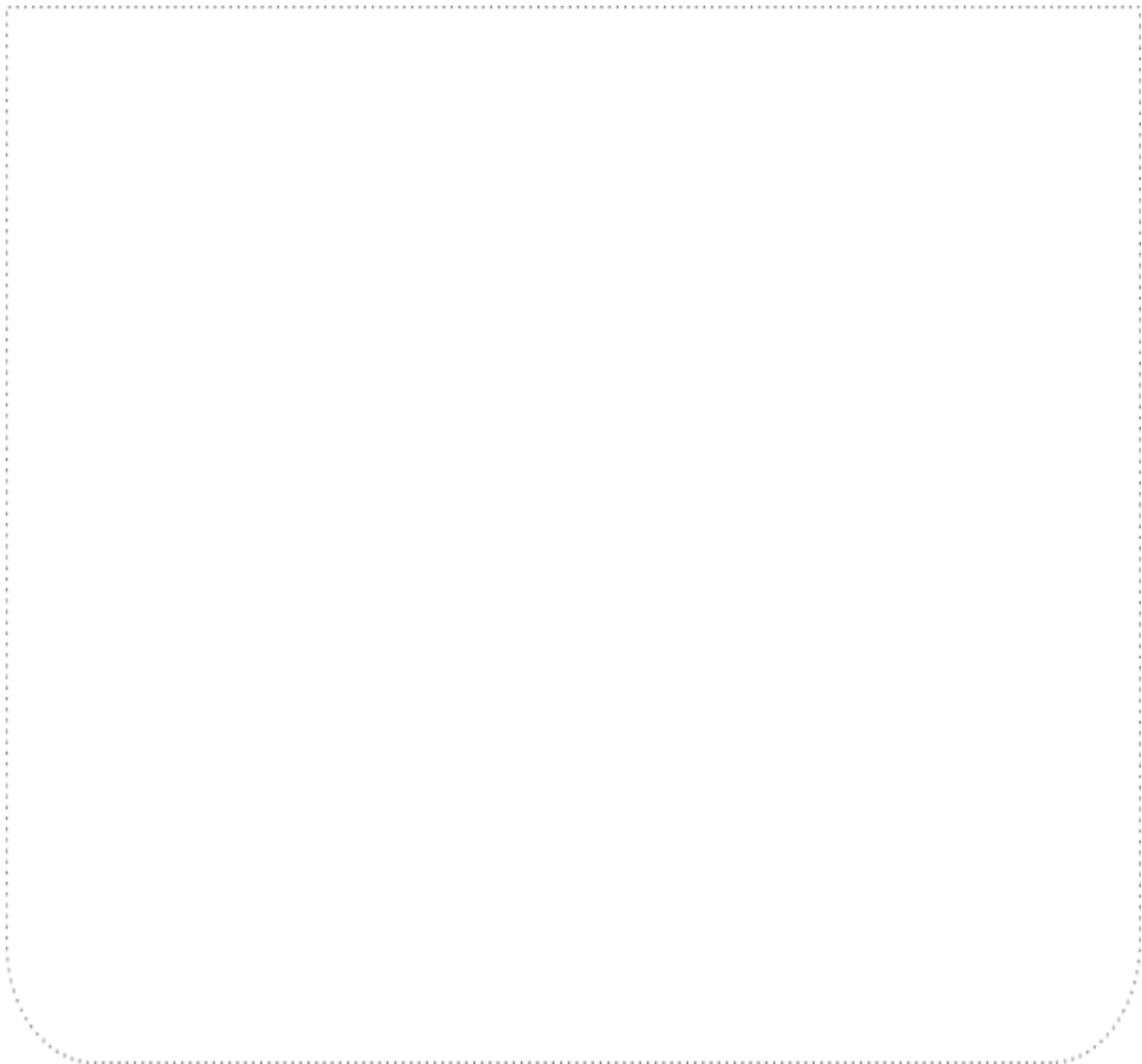


Resilience Toolbox

Here is a space for you to add little practices and supportive habits which give you energy and help you connect to yourself and cultivate your resilience.

Your toolbox can include practices from some, or all, of the following categories:

- **Intellectual:** reading, writing, reflecting
- **Physical:** exercise, sleep, diet
- **Social:** engaging in supportive relationships
- **Purpose:** activities that connect you to a deeper meaning and contribute to something beyond yourself.
- **Emotional:** being able to express yourself freely and creatively.

A large, empty rectangular box with a dashed grey border and rounded corners, intended for users to write down their resilience practices and habits.

Resilience categories adapted from 29K.org