

ROAD TO RESILIENCE

Instructions and terms of use!

INSTRUCTIONS

Thank you for purchasing our resource! We hope you find it helpful as you support students - and maybe even adults! - in developing strategies for self-awareness, self-management, self-regulation, and self-care.

Students can use this tool to identify the coping skills they can use at different levels of distress to promote well-being. We recommend filling the worksheet out yourself first, and then walking students through your example, whether that is one-on-one, in small groups, or as a whole class. Then, provide students with time and support to complete their own.

Remind students that this plan can and should change over time as they develop new skills and learn more about themselves.

TERMS OF USE

By purchasing this resource, you acknowledge that its contents are the property of Jessica Amarant and KaSaundra Willis and licensed to you only for classroom/personal use as a single user.

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Thank you for respecting the time and effort that went into creating these materials!

ROAD TO RESILIENCE

(a self-care plan)

Routine Maintenance

(the positive choices I should make regularly to stay at baseline)



Signs of Wear

(early warning signs that I need to take extra care)

- _____
- _____
- _____

When I notice **signs of wear**, I can...

- * _____
- * _____
- * _____

Check Engine Light

(my mind needs specific attention and tools)

- _____
- _____
- _____

When a **check engine light** comes on, I can...

- * _____
- * _____
- * _____

System Breakdown

(issues have escalated and require major assistance)

- _____
- _____
- _____

When I experience **system breakdown**, I can...

- * _____
- * _____
- * _____

