

What Is a Resilience Plan?

- A resilience plan is sometimes called a self-care plan.
- It is a way to help you widen your resilient or “OK” zone and have a plan for how to use the skills.
- The resilience or self-care plan should have information about what it looks and feels like when you are being pushed toward the edges of your resilient or “OK” zone.
- The resilience or self-care plan should have information about the resilience skills that are most helpful to you. This may include things like specific resources or gestures.
- A resilience or self-care plan can also have information like what to do in a crisis situation.



Why Is a Resilience Plan important?

Our minds work best when we are feeling calm and happy. If we are moving toward the edges of the resilient or “OK” zone our minds will not work as well.

A resilience or self-care plan can help you practice the resilience skills so that you can use them easily if you are being moved out of your zone.

When you are being moved out of your resilient or “OK” zone it can be very hard to decide what to do in that moment.

When you are being moved out of your resilient or “OK” zone you can just follow what is in your plan.