

5 Pillars to Resilience

M
E
N
T
A
L

P
H
Y
S
I
C
A
L

E
M
O
T
I
O
N
A
L

S
O
C
I
A
L

V
A
L
U
E
S

5 Pillars to Resilience

MENTAL

State of mind to perform

PHYSICAL

Attributes needed to perform

EMOTIONAL

Feeling of performing

SOCIAL

Externally how do people see me

VALUES

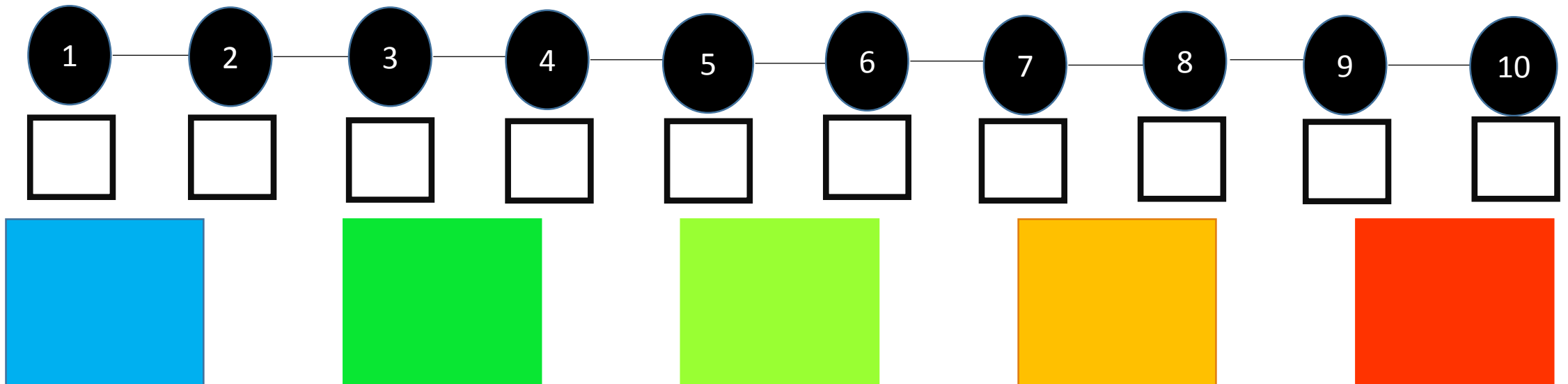
Attitude and morals in performing

5 Pillars to Resilience

Group/Individual Task:

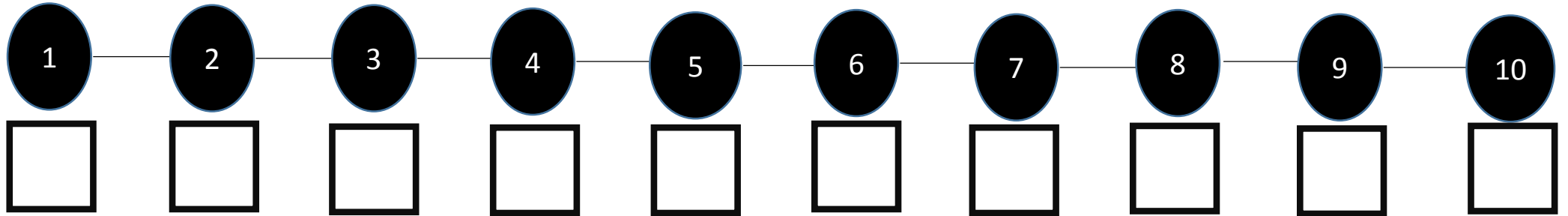
Building resilience can often be daunting, it means taking on tasks that you have not yet achieved. Knowing how this can make you feel in the 5 pillars before, during and after will help you complete the task.

Use your chosen task to identify how your feeling Before (B) During (D) After (A) enter each stage as a letter in the chart. The feelings are important to



5 Pillars to Resilience

M
E
N
T
A
L



Feeling to support your response above

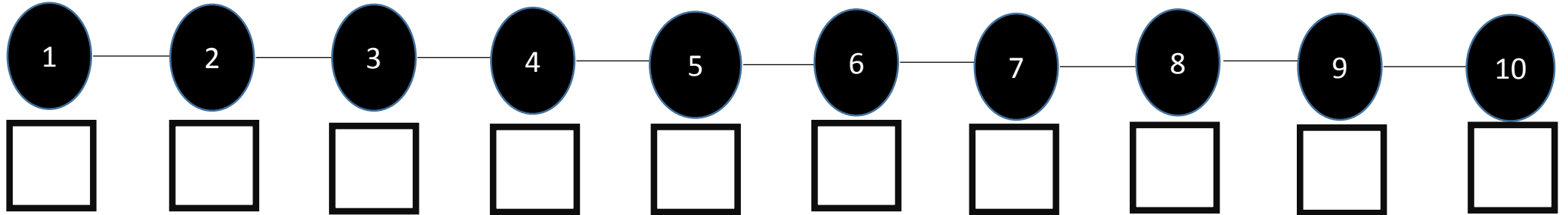
Before:

During:

After:

5 Pillars to Resilience

P
H
Y
S
I
C
A
L



Feeling to support your response above

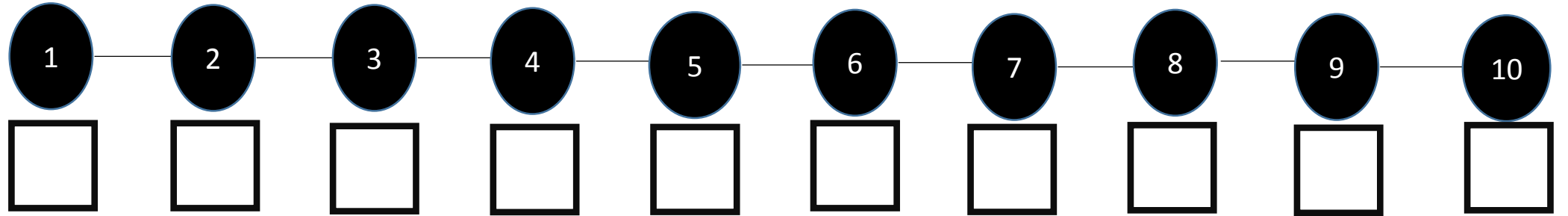
Before:

During:

After:

5 Pillars to Resilience

E
M
O
T
I
O
N



Feeling to support your response above

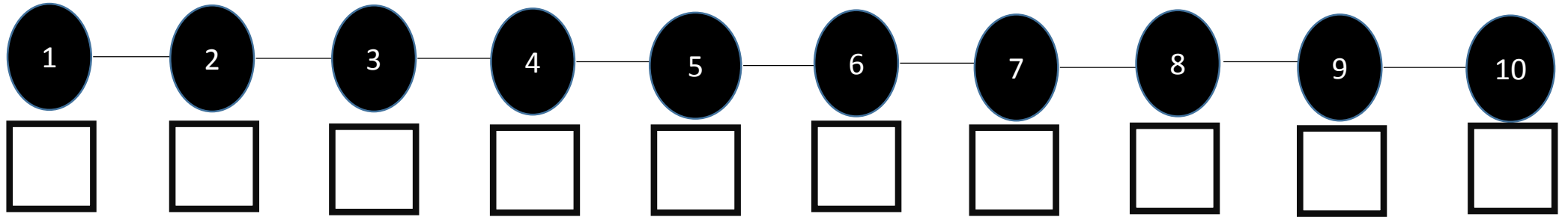
Before:

During:

After:

5 Pillars to Resilience

S
O
C
I
A
L



Feeling to support your response above

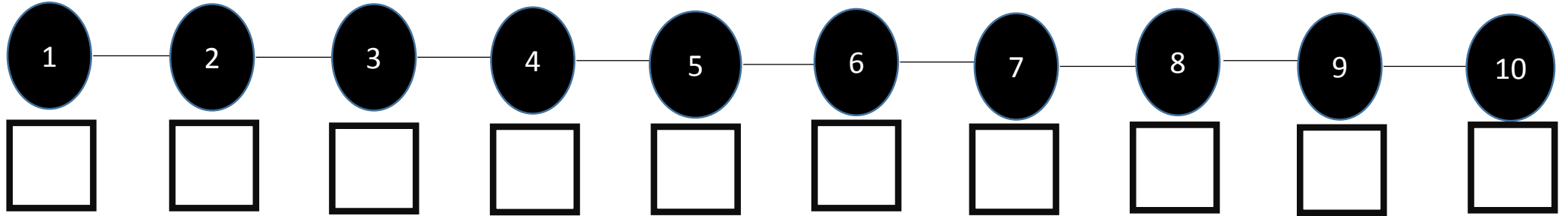
Before:

During:

After:

5 Pillars to Resilience

V
A
L
U
E
S



Feeling to support your response above

Before:

During:

After: