

Let's Talk:

Emotional Resilience

Emotional Resilience



What are some everyday triggers that make you feel stressed?

How do you usually respond to them?

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Who do you turn to for support when you're struggling? Why?

How do you know when it's time to ask for help?

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What are your thoughts on perfection?

How do mistakes help you grow?

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What's a strategy you've used in the past to release your emotions in a healthy way?

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What are your thoughts on showing your feelings?

Do you think others might view you in a negative way for showing feelings like sadness or empathy?

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What do you do when you feel like you're about to give up on something?

Would you say you are a hopeful person?

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What qualities do you admire in people who face difficulties head on?

What can you do to work on developing those qualities too?

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What's something important to remember when things don't go according to plan?

How does your faith play a role in these situations?

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What is something positive you can do when things are tough?

What are your thoughts on praying/taking a walk/listening to music?

Are there other healthy coping mechanisms you could try?

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What's something you can say to yourself when you're feeling down to remind yourself that you'll get through it?

Is there a phrase you like to say that encourages you to keep going?

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What are some things you can do on a regular basis to take care of yourself?

Are there activities you enjoy that can nurture your emotional and physical wellbeing?

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What setback can you reflect upon and see the humor in it?

How has time and a little distance helped you view the situation differently?

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How do you reframe or look at a situation differently when you feel stuck?

What would you say to a friend who's facing a challenge?

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What are some reminders you can give yourself in a difficult situation that will help you get through it?

What are your strengths when things get tough?

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How does celebrating small successes help you stay motivated when things are hard?

If you don't celebrate your successes, would it be something you can incorporate in your life?

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Can you think of a time when something that felt like a big challenge turned out to be something that helped you grow?