

Resilience Check-in

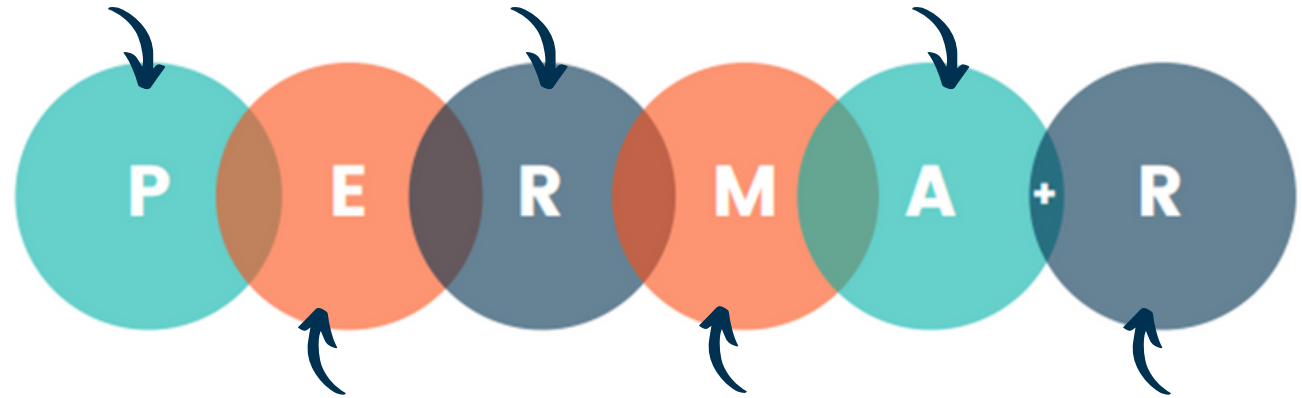
Explore these questions in pairs and take it in turn to answer each one.

If you find yourself struggling to answer a question positively, try thinking about your existing beliefs, and really challenge yourself to evidence these.

What POSITIVE EMOTIONS are we feeling, or could we have been feeling despite being in a challenging situation?

What RELATIONSHIPS have helped us previously when challenged?

What ACCOMPLISHMENTS are we able to achieve daily in our current context?



How can we stay ENGAGED with our work if it feels very different?

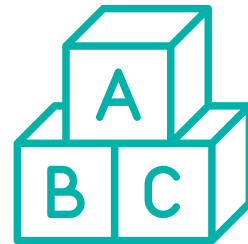
What is MEANINGFUL and purposeful to us?

How do we remain RESILIENT even when stressed?

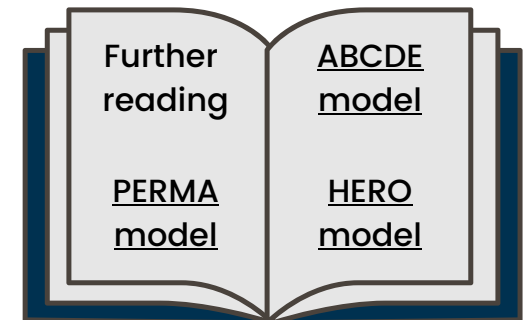


The HERO model is linked to increased wellbeing, work and life satisfaction. By improving one of these four elements, the other elements are positively impacted.

- H** Hope
- E** Self-Efficacy
- R** Resilience
- O** Optimism



- A** Adversity
- B** Belief
- C** Consequence
- D** Dispute
- E** Energy



The ABCDE model helps us challenge our beliefs and assumptions that might hold us back. This can be a tool to help us work through how we feel about scenarios with a new lens that helps us make sense of our situation more positively.