



CHC's Stamina, Hope & Resilience Collection

Guiding Questions

Our **resilience** is not affected by events so much as it is by **our reaction** to those events.



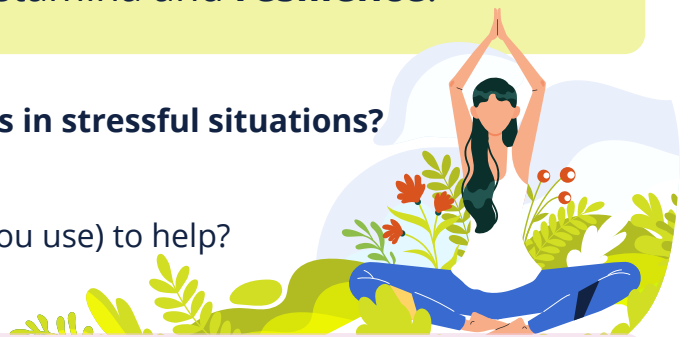
1. **How are you coping with the constant change and uncertainty we are facing?**

What coping strategies do you use (or can you use) to help?

Self-awareness is essential to building stamina and **resilience**.

2. **How can you build greater self-awareness in stressful situations?**

What coping strategies do you use (or can you use) to help?



People who practice **self compassion** are happier, less stressed and more resilient.

3. **How can self compassion help to build resilience? In yourself? In your kids?**

What are 1-2 strategies you can implement in your family or for yourself that will help to build stamina and resilience and foster hope and mental health?



chconline.org