



BUILDING RESILIENCE



REFLECTION QUESTIONS

About this e-booklet

This e-booklet provides some reflection questions which we hope will highlight, and help you gain awareness of your resilience.

You may save a copy of this e-booklet and open it with the Adobe Acrobat Reader App to type your reflections.

Note: sometimes in reflecting, we may experience some levels of distress. Pause and take a break if it gets overwhelming. You may also approach EBSC through the 24/7 counselling helpline.



SCDF Counselling Helpline
1800-286-6666

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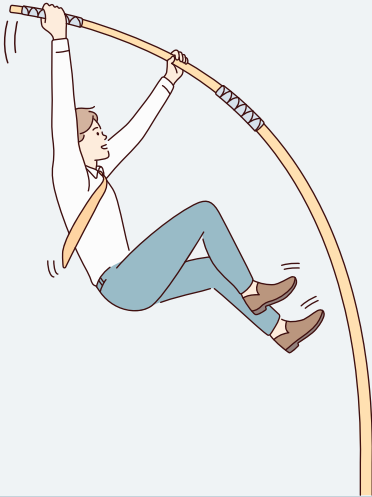
What was a challenge that you faced?
What was the hardest part?



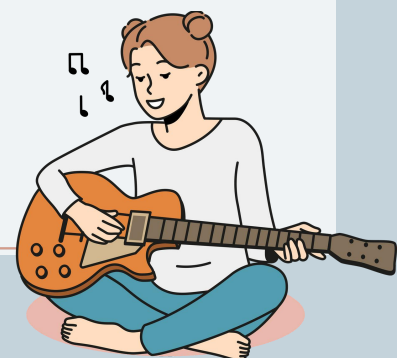
What signs did you notice in yourself that
signaled that you were having a difficult time?



How did you overcome the challenge?



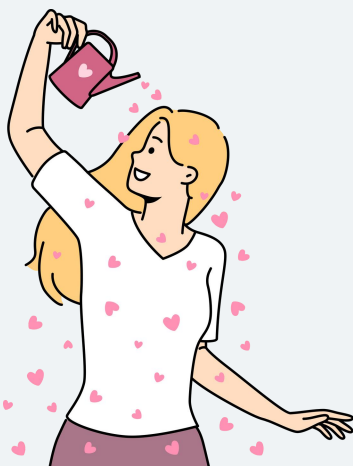
What helps you cope during difficult times?



What else would be helpful?



What would you say to encourage yourself during difficult times?



NOTES



**Brought to you by the
Emergency Behavioural Sciences & CARE (EBSC) Unit**

MAY 2023