

Name: _____

REFLECT:

YOUR RESILIENCE HABITS



How well are you managing stress and maintaining your mental health?

Circle a number on each scale below.

1 How often do you get to do a relaxing and/or fun activity?

Rarely | 1 — 2 — 3 — 4 — 5 | Very Often

2 How frequently do you practice mindfulness or meditation?

Rarely | 1 — 2 — 3 — 4 — 5 | Very Often

3 How regularly do you engage in physical exercise?

Rarely | 1 — 2 — 3 — 4 — 5 | Very Often

4 Do you usually get a full 8+ hours of sleep?

Rarely | 1 — 2 — 3 — 4 — 5 | Very Often

5 How often do you eat healthy, regular meals and stay hydrated?

Rarely | 1 — 2 — 3 — 4 — 5 | Very Often

TOTAL YOUR POINTS:

Add up all the circled numbers. If you scored...

1 - 5

You need to bolster your resilience skills. Consider incorporating more self-care practices and stress management techniques into your routine.

6 - 15

You are doing okay! But try to incorporate additional self-care into your daily routine to improve your resilience.

16 - 25

You are a rock star! Keep up the great work and continue practicing your resilience habits.