

# but now we're stressed.

stress and coping skills 101



Presented by the  
Plymouth Youth Development Collaborative  
& Brockton Area Prevention Collaborative

## Work Sheet Three: Resilience & Positive Affirmations

1. How would you describe resilience? Do you think you are a resilient person, explain why or why not?

---



---



---

2. For one of the recent stressful experiences you have had, write down lessons you have learned or strengths you have gained from this experience.

---



---



---

3. Resilience takes practice. In the area below, identify ways you have successfully dealt with stress or would like to try moving forward.

|   |  |   |  |
|---|--|---|--|
| <p><b>Space</b><br/><i>Where do you go?</i></p> | <p><b>Reflection</b><br/><i>How do you process best?</i></p> | <p><b>Self expression</b><br/><i>How/what can you create?</i></p> | <p><b>Connection</b><br/><i>Who can you rely on?</i></p> |
|---|--|---|--|

4. Try this! For the next 7 days, try saying one of the below statements to yourself at least twice a day.

*“Wake up and be awesome”*; *“It’s ok for me to make mistakes”*; **“POSITIVITY IS A CHOICE”**; **“I am prepared to succeed”**; *“I think for myself”*; **“I am capable”**; *“I get to decide what I believe about myself”*; *“I*

*am in control of my reactions*"; "I choose to be happy"; "I like myself"; "**I AM WORTH  
IT**"