

S U P A R N A   S E N G U P T A

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# THE SCIENCE OF RESILIENCE

A STEP-BY-STEP GUIDE TO REALISE HOW TO  
BECOME MORE RESILIENT AND BOUNCE BACK  
AFTER SETBACKS



**THIS TOOLKIT IS DESIGNED TO HELP YOU START BUILDING YOUR RESILIENCE TODAY. WORK THROUGH EACH SECTION THOUGHTFULLY.**

## **Part 1: Emotional Awareness**

1. What emotions do I experience most often during stress?

- Write 3 common emotions:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

2. What usually triggers these emotions?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. How do I currently respond to these emotions? (Fight, flight, freeze, withdraw, overwork, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Part 2: Rebuilding Self-Belief**

1. List 3 past challenges you've overcome:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

2. What strengths helped you get through them?

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3. Write one affirmation to remind yourself of your resilience:

- “I am capable of \_\_\_\_\_.”

### Part 3: Growth Mindset Practice

1. Complete this sentence with a challenge you're facing:

- This is hard because

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2. Now reframe it using a growth mindset:

- This challenge is helping me learn

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### Part 4: Social Support Inventory

1. Who can you rely on when things get tough? List 3 people:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

2. What type of support do you need most (emotional, practical, motivational)?

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3. How can you offer support to someone else this week?

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**Part 5: Stress Management Plan**

1. Pick 2 calming techniques to try this week:

- 2.  Deep breathing
- 3.  Meditation
- 4.  Walk in nature
- 5.  Journaling
- 6.  Music therapy
- 7.  Other: \_\_\_\_\_

- When will you practice them?

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**Part 6: Flexibility & Reframing**

1. What is one rigid belief you often hold?

- “I always have to

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2. Reframe it to be more flexible:

- It’s okay to

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## Part 7: Purpose Check-in

1. What values are most important to you right now?

- Integrity  Growth  Compassion  Freedom
- Creativity
- Other:

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2. How are you living those values today?

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## Part 8: Control vs. Letting Go

1. Write down one current worry:

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2. Draw two circles (or use the lines):

- Inside the first, write what you can control.
- Inside the second, what you need to let go of.

☑ I CAN CONTROL:

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✗ I NEED TO LET GO OF:

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## Part 9: Body and Brain Boost

1. How can you nurture your body this week? (food, sleep, exercise)

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2. Which one will you prioritize first?

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## Part 10: Actionable Problem-Solving

1. Name one current challenge you're facing:

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2. Break it into small action steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. Commit to one action this week:

- "I will \_\_\_\_\_
- by [day/date]

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- Reflection:

How do you feel after completing this worksheet? What have you learned about your resilience?

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