WORKSHEET 1 (LIVE SESSION)

**RESILIENCE VS CORONAVIRUS (SITUATION)**

*»Psychological resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly. Resilience exists when the person uses "mental processes and behaviors in promoting personal assets and protecting self from the potential negative effects of stressors".«* (Wikipedia, 2020)

*»Developing a view of ourselfs as strong (but sometimes still vulnerable), capable people able to exceed adversity, find hapiness and follow our goals.«* (Neenan, 2009)

***HOW TO DEVELOP AND NURTURE MY RESILIENCE AS A PERSON AND AS A THERAPIST? IS THERE A DIFFERENCE?***

Coronavirus situation – how is it affecting me:

My mental processes and behaviours to protect myself in Coronavirus situation:

Coronavirus situation – how is it affecting my work (being a therapist):

My mental processes and behaviours to protect myself as a therapist in Coronavirus situation:

***BEING RESILIENT ALSO MEANS BEING IN TOUCH WITH OURSELFS. IN THIS PICTURE WE CAN SEE FOUR PIECES OF A WHOLE CIRCLE AND WE CAN ALSO SEE DIFFERENT FACTORS WHICH HELPS US TO REMAIN CONNECTED. WHAT ARE YOUR FREE ASSOCIATIONS ACCORDING TO EACH FACTOR?***



(From: <https://favpng.com/png_view/resilience-psychological-resilience-mind-intuition-emotion-png/7ZjFuX2y> , 2020)