

## Questions that will help me develop resilience:

From: Building Your Resilience, webinar by Dr. Maureen O'Reilly-Landry, produced by APA/DPC.

Date: October 21, 2021

<https://www.dpcedcenter.org/education-webinar/building-your-resilience/>

- What are my personal strengths? How can they help me to get through tough times?
- Who are the important people in my life? How can I nurture these relationships? If none, how can I develop better relationships?
- How can I take better care of myself?
- How can I be more compassionate toward myself?
- What do I need to forgive myself for? How can I do this?
- What are my own vulnerabilities to be aware of?
- What are the positives in my life?
- What do I need to be flexible about? When do I need to adjust my sails?
- How can I find meaning and purpose in my life?



## Questions to help you discover your own personal meaning in the pandemic:

From: Discover Your Personal Meaning in the COVID-19 Experience, by Dr. Maureen O'Reilly-Landry, in the blog Psychological Trauma, Coping and Resilience: covid-19 and pandemics (Psychology Today), March 19, 2021.

- What do I most fear? This may tell you where your values lie.
- What do I most fear losing? This will tell you what you hold most dear.
- Has anything brought me comfort or joy?
- Has the meaning been there all along and I hadn't seen it?
- How can I create meaning now?