

Worksheet 2: Coping and Resilience

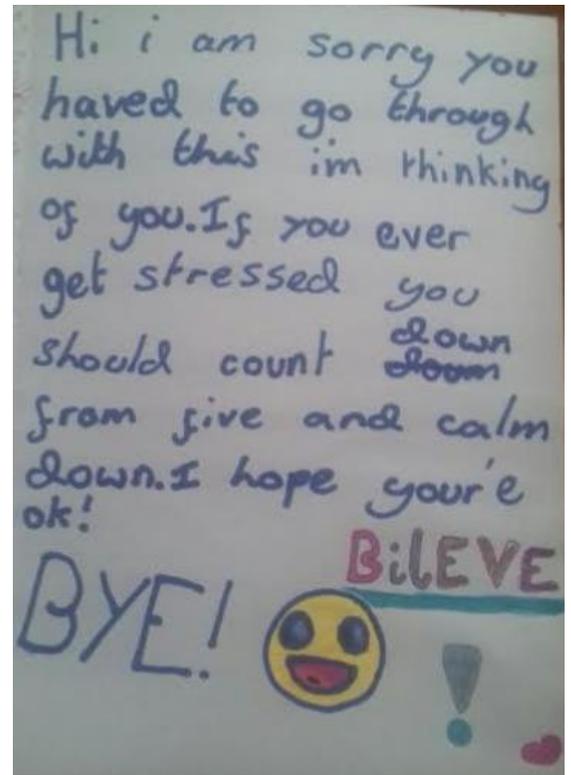
Written by Dr Sarah Lewis



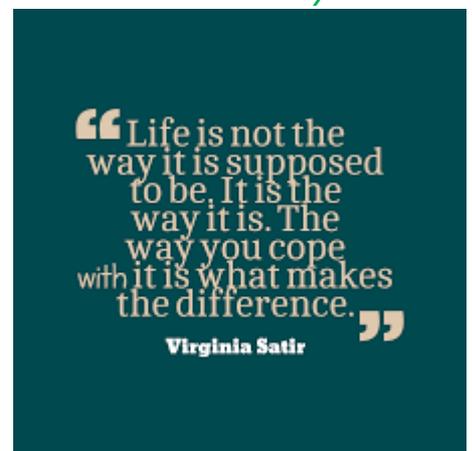
Name.....

This next worksheet is all about coping and resilience. I can't imagine how difficult it is at this time and remaining positive and coping with uncertainty and anxiety may help us all. It is hard to stay calm when there is so much going on but these exercises may help. Connecting with those you love can also help keep you updated and help with this uncertainty. My niece wrote this for you when I was telling her about you all and how I wish I could help more.

When I think about the guys that have joined the Growth Team over the last 3 years (we now have about 50 members) I remain overwhelmed by how much resilience they have. With every challenge and struggle, both inside and outside of prison, they get back up and keep going. They also make mistakes and sometimes take the wrong path but irrespective of that, we are there to help them learn and grow through the tough times. I encourage the team to think about how we can learn from things when bad stuff happens. Work through these questions at your own pace and use the back of the sheet if you need to. Share these insights with your keyworker or at our event, once this has all blown over.



1. Describe your experience and thoughts around the corona virus? What are you worried about? What is on your mind?



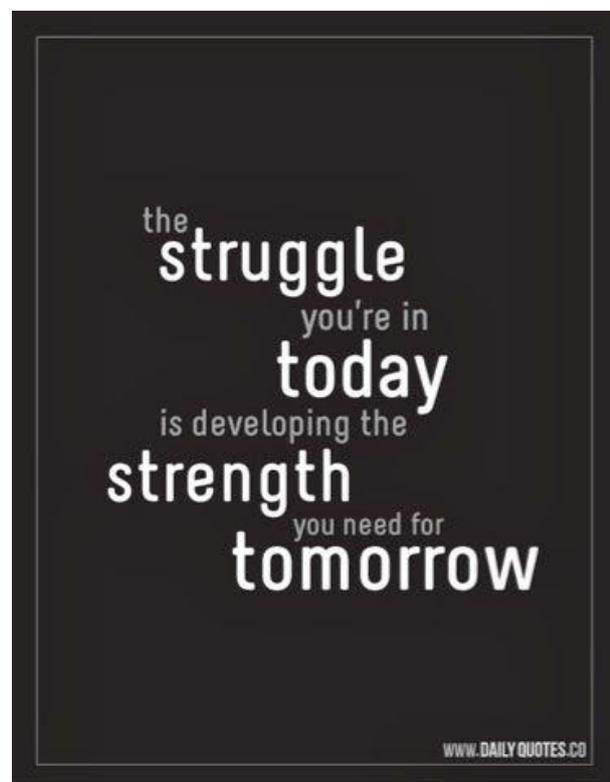
2. *Reflect on other challenges in your life. What have you learnt from these challenges?*

Resilience

(n.) The ability to become strong, healthy, or successful again after something bad happens.

3. *How do you handle your problems in the community?*

4. *How do you handle your problems in prison? Do you handle things differently and if so, in what ways? Why do you think this is?*



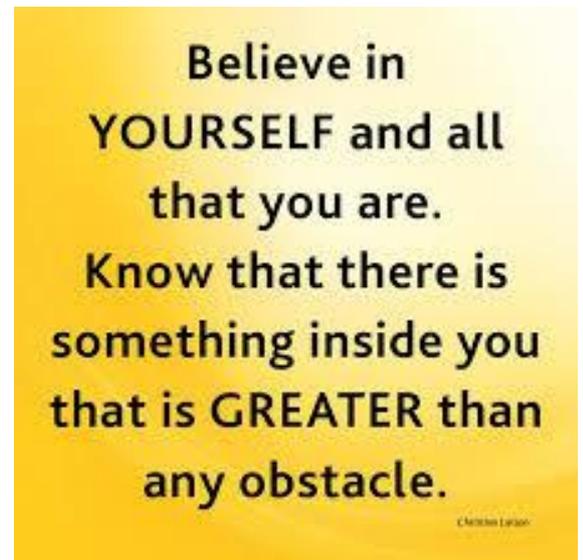
5. *When you think about the way you handle things, what are the benefits of dealing with problems in this way?*

6. *What issues could you (or do you) experience by dealing with your problems in this way?*

7. What else **could** you do to deal with your problems, that might lead to fewer problems rather than more?



8. What could you say to yourself to pick yourself back? What unhelpful thoughts may hold you back from picking yourself back up?

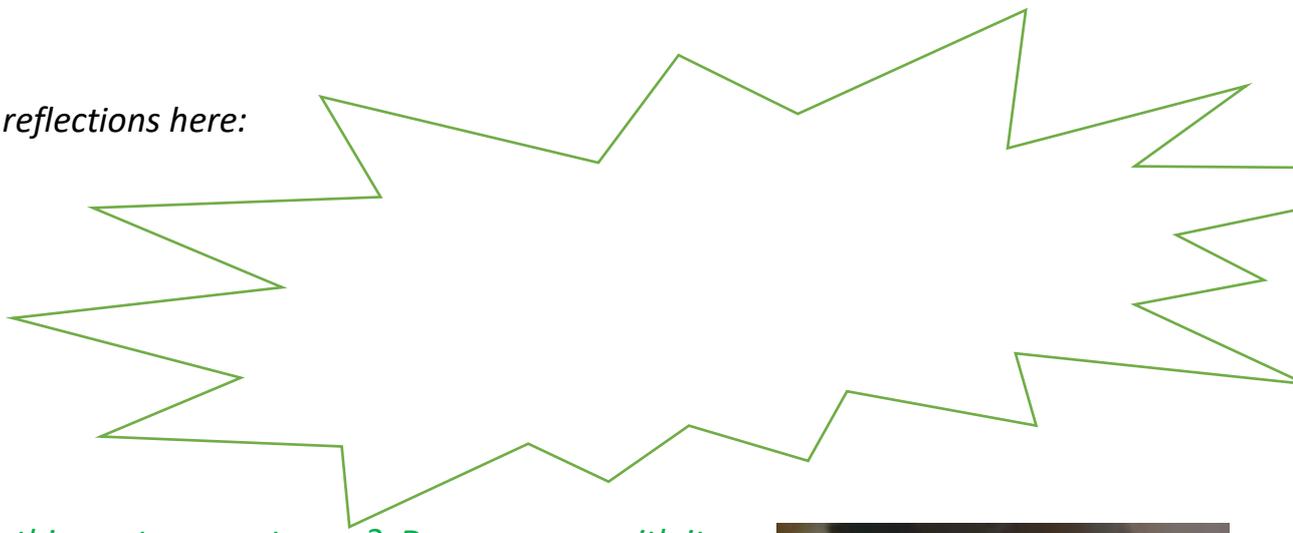


9. If you experience anxiety or uncertainty during these times, what could you say to yourself to remain calm and help you cope at this time?

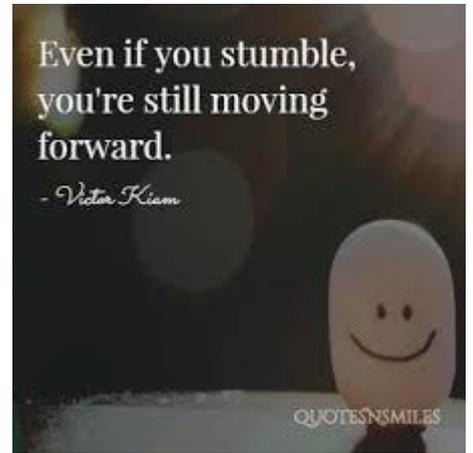
10. There is a lot of research around coping and happiness and it says that by being grateful or doing an act of kindness for someone else can help ease negative feelings we may experience. *What could you say or do for someone today to express gratitude or show kindness? Reflect on how it feels when you help others.*



Jot down any reflections here:



11. What does this quote mean to you? Do you agree with it or disagree?



12. What does the word "hope" mean to you?"

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If you want to, please tear off this part of the worksheet, write your thoughts and hand it back to staff. We want to collect your views and share them with others.

Tell me one thing you are grateful for?

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Write one positive thing to the families of prisoners to help them cope at this time.

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Let me know one lesson you have learnt when things got tough, that has helped you in life?

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