

# Self-Reflective Resilience Questionnaire



This questionnaire is designed to help you reflect on your strengths and development areas across four dimensions of resilience: **Physical, Mental, Emotional, and Social**. Answer each question honestly using a scale from **1 (Rarely)** to **5 (Always)**.

## Physical Resilience

Rating 1-5

I get enough restful sleep to support my daily energy levels.	<input type="text"/>
I fuel my body with nutritious food and water regularly throughout the day.	<input type="text"/>
I take breaks and allow myself time to rest and recharge.	<input type="text"/>
I engage in regular physical activity to maintain my stamina.	<input type="text"/>
I listen to my body and respond appropriately when I feel tired or unwell.	<input type="text"/>
<b>Total:</b>	<input type="text"/>

## Mental Resilience

Rating 1-5

I can stay focused and productive even when I feel distracted.	<input type="text"/>
I regularly challenge my thinking and seek new perspectives.	<input type="text"/>
I remain calm and composed when faced with complex problems.	<input type="text"/>
I can adapt quickly when things don't go according to plan.	<input type="text"/>
I am confident in my ability to learn from setbacks and mistakes.	<input type="text"/>
<b>Total:</b>	<input type="text"/>

## Emotional Resilience

Rating 1-5

I am aware of my emotions and how they affect my behaviour.	<input type="text"/>
I can regulate my emotions during stressful or difficult moments.	<input type="text"/>
I bounce back quickly after emotional setbacks or disappointments.	<input type="text"/>
I practice self-compassion and don't judge myself harshly.	<input type="text"/>
I take time to reflect and process challenging emotional experiences.	<input type="text"/>
<b>Total:</b>	<input type="text"/>

## Social Resilience

Rating 1-5

I have a strong support network I can turn to when needed.	<input type="text"/>
I actively maintain and invest in meaningful relationships.	<input type="text"/>
I feel comfortable asking for help and receiving support.	<input type="text"/>
I regularly connect with people who uplift and energise me.	<input type="text"/>
I support others and contribute to a sense of community or team.	<input type="text"/>
<b>Total:</b>	<input type="text"/>

## **10 Practical actions for increasing your physical, mental, emotional and social resilience.**

### **Physical Resilience**

*Strengthening your body to support energy, stamina, and stress recovery.*

1. Get 7–9 hours of quality sleep consistently
2. Eat balanced meals and hydrate regularly throughout the day
3. Move your body daily (walk, stretch, yoga, gym, etc.)
4. Take regular breaks to avoid burnout (micro-recovery)
5. Protect your sleep by reducing screen time before bed
6. Build in rest days and don't glorify "busyness"
7. Get outside in natural light every day – boosts mood and sleep
8. Schedule health check-ups and listen to your body
9. Practice breathing exercises (like box breathing) to calm your nervous system
10. Cut down on caffeine/alcohol if it impacts sleep or mood

### **Mental Resilience**

*Sharpening focus, adaptability, and problem-solving in uncertainty.*

1. Practice mindfulness or meditation to build mental clarity
2. Break large tasks into smaller, manageable steps
3. Use positive self-talk to challenge limiting beliefs
4. Keep a journal to process thoughts and clear mental clutter
5. Learn something new – even small (neuroplasticity booster!)
6. Limit multitasking; prioritise focused work
7. Reframe challenges as learning opportunities
8. Practice gratitude to build mental flexibility
9. Ask: "Is this within my control?" to redirect energy
10. Schedule time to *think*, not just do

## **Emotional Resilience**

*Managing emotions effectively and responding instead of reacting.*

1. Name your emotions – “name it to tame it”
2. Accept your feelings without judgment
3. Practice emotional regulation techniques (deep breathing, pause before reacting)
4. Build a self-compassion habit (“What would I say to a friend?”)
5. Take breaks from emotionally charged environments
6. Reflect on emotional triggers and what they teach you
7. Celebrate small wins – it boosts emotional momentum
8. Practice letting go of things you can’t control
9. Use music, nature, or creative outlets to reset
10. Remember: emotions are data, not instructions

## **Social Resilience**

*Cultivating meaningful connections and support systems.*

1. Reach out to a friend or colleague just to check in
2. Join a group, network, or community with shared values
3. Express appreciation to people who support you
4. Be honest when you’re struggling – vulnerability builds trust
5. Offer help or a listening ear – giving builds connection
6. Make time for meaningful conversation (not just transactional talk)
7. Build boundaries with toxic or draining relationships
8. Schedule time with people who energise you
9. Practice active listening – be fully present
10. Know who’s in your “resilience circle” – and nurture it intentionally