

THE RESILIENCE WORKBOOK

Be the most resilient in the room

01

02

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04

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06

07

08

Resilience is a skill you can train.

This workbook covers the 8 core psychological skills in the Tough Minds toolkit. For each one you get a short description and 3 practical ways to build it. Rate where you are today, pick the skill that needs the most attention, then follow the 7-day reset on page 4.

1 Read the skill

2 Try the 3 ways

3 Rate yourself

THE 8 SKILLS

01

Breathing

02

Sleep

03

Mindfulness

04

Radical acceptance

05

Crisis skills

06

Emotion labelling

07

Self-esteem

08

Cognitive restructuring

Breathing

01

Core Psychological Skill

Controlling your breathing to help you control your body and your mind. You'll learn techniques to use your breathing to calm down, or get to sleep, or be more present.

3 PRACTICAL WAYS

- 1 Breathe in for 4 and out for 6, for two minutes. The longer exhale helps your body slow down.
- 2 Practise once a day while you feel calm, so the skill is ready when you are not.
- 3 Rest a hand on your belly and feel it rise and fall with each breath.

EVIDENCE

Fincham et al. (2023), *Scientific Reports*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Sleep

02

Core Psychological Skill

Bad sleep contributes to a whole manner of physical and mental problems. That's why getting a good night's sleep is such a crucial skill. Tough Minds teaches sleep hygiene.

3 PRACTICAL WAYS

- 1 Get up at the same time every day, weekends included.
- 2 Dim the lights and put your phone away 30 minutes before bed.
- 3 If you are still awake after 20 minutes, get up, do something quiet in low light, go back sleepy.

EVIDENCE

Scott et al. (2021), *Sleep Medicine Reviews*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Mindfulness

03

Core Psychological Skill

Learning to be in the present moment and quiet your thoughts. It takes a lot of practice, but it's a brilliant way to be more grounded and in control.

3 PRACTICAL WAYS

- 1 Pick one daily task, like brushing your teeth, and give it your full attention.
- 2 Sit for three minutes and follow your breath. When your mind wanders, bring it back kindly.
- 3 Eat one meal without a screen. Notice the taste, texture and temperature.

EVIDENCE

Khoury et al. (2013), *Clinical Psychology Review*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Radical acceptance

04

Core Psychological Skill

Better control your reactions to the world around you by gently accepting reality. It's proven to prevent temporary pain from turning into long-term suffering.

3 PRACTICAL WAYS

- 1 Say it plainly: "This is happening, and I can't change it right now."
- 2 Remember that accepting is not approving. Stop spending energy on what you can't change.
- 3 Ask yourself: "What is one thing I can do next that is in my control?"

EVIDENCE

Linehan et al. (1991), *Archives of General Psychiatry*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Crisis skills

05

Core Psychological Skill

Learning to cope in a crisis: when everything is going wrong, or things feel out of control. Identify the techniques that help you get through a tough time safely.

3 PRACTICAL WAYS

- 1 Write down your early warning signs: the thoughts, moods or situations that tell you a hard time starts.
- 2 List what helps you settle or take your mind off things, and the people you can contact.
- 3 Save emergency numbers in your phone and keep your plan somewhere you can find it fast.

EVIDENCE

Stanley and Brown (2012), *Cognitive & Behavioral Practice*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Emotion labelling

06

Core Psychological Skill

Identify and label your emotions as they appear. Labelling your emotions helps you accept and manage them effectively.

3 PRACTICAL WAYS

- 1 Finish the sentence "Right now I feel..." and reach for a specific word, like disappointed instead of bad.
- 2 Check in three times a day: morning, midday and evening.
- 3 Notice where you feel the emotion in your body, then rate how strong it is from 0 to 10.

EVIDENCE

Lieberman et al. (2007), *Psychological Science*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Self-esteem

07

Core Psychological Skill

Learning about your unchanging self (self-awareness), accepting that self, and being kind to yourself (self-compassion).

3 PRACTICAL WAYS

- 1 List 5 values or strengths that stay true whatever your mood or situation.
- 2 When you slip up, talk to yourself the way you would talk to a friend.
- 3 Each night, write down one thing you did that matched your values.

EVIDENCE

Trzesniewski et al. (2006), *Developmental Psychology*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Cognitive restructuring

08

Core Psychological Skill

Identifying and replacing the harmful, automatic negative thoughts with rational, positive, and balanced ones.

3 PRACTICAL WAYS

- 1 Catch the thought and write it down word for word.
- 2 Ask: "What is the evidence for this thought? What is the evidence against it?"
- 3 Write a more balanced version you believe: "Today was hard, and I can try again tomorrow."

EVIDENCE

Rush et al. (1977), *Cognitive Therapy and Research*

MY LEVEL TODAY

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Pick one skill. Practise it for 7 days.

Small and regular beats big and rare. Choose the skill you rated lowest and give it a few minutes a day.

MY FOCUS SKILL

WHY IT MATTERS TO ME RIGHT NOW

MY DAILY ACTION

Mon

☐

Tue

☐

Wed

☐

Thu

☐

Fri

☐

Sat

☐

Sun

☐

AT THE END OF THE WEEK

WHAT GOT EASIER?

WHAT GOT IN THE WAY?

WHAT WILL I KEEP DOING?

Need support right now?

Text SHOUT to 85258 for free, 24/7 text support in the UK. Samaritans are free on 116 123, any time. In an emergency, call 999. Find tools for the moment at toughminds.org. Tough Minds is a self-help toolkit and does not replace professional care.