

# Building Resilience: Questions for Reflection

☰ Building Resilience | CAMH Article →

After reading the article “Building Resilience” by The Centre for Addiction and Mental Health, consider the questions below.

Respond to the questions according to your teacher’s instructions.

1. **Understanding Resilience:** How does the article define resilience, and why is it important for mental health? Reflect on any personal experiences where you have demonstrated resilience.
2. **Key Strategies:** What are the main strategies or practices mentioned in the article for building resilience? How can these strategies be applied in your own life or in the lives of people around you?
3. **Challenges and Solutions:** The article discusses various challenges to building resilience. Which challenge do you think is most relevant to your own experiences, and what solutions or approaches might help overcome it?
4. **Role of Support Systems:** How does the article emphasize the role of support systems (e.g., family, friends, community) in fostering resilience? Reflect on how your own support system has contributed to your resilience.
5. **Personal Connection:** Reflect on a time when you faced a significant challenge. How did you cope with it, and what role did resilience play in your ability to overcome it?
6. **Resilience and Mental Health:** How does building resilience contribute to overall mental health, according to the article? How can enhancing resilience impact your day-to-day life and stress management?

7. **Practical Application:** The article outlines various ways to build resilience. Choose one or two methods and create a plan for incorporating these into your daily routine. How do you think this will benefit you?
8. **Long-Term Perspective:** How can the strategies for building resilience discussed in the article help in long-term personal growth? Reflect on how investing in resilience now might impact your future.
9. **Critical Thinking:** Are there any aspects of resilience mentioned in the article that you disagree with or feel need further exploration? Why?
10. **Community and Resilience:** The article mentions the importance of community in building resilience. How can schools or other community organizations play a role in supporting individuals' resilience?