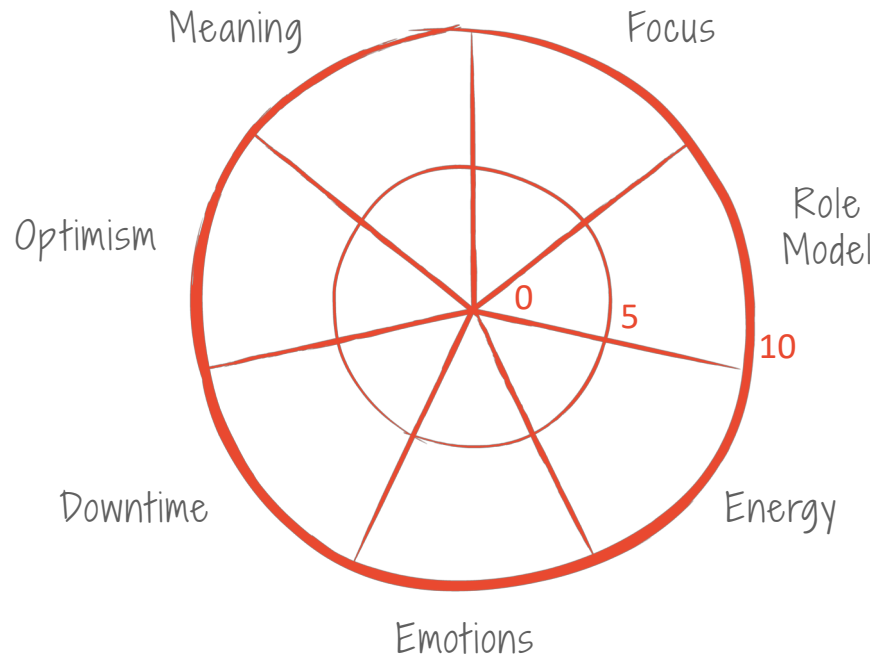


WHEEL OF RESILIENCE (F.R.E.E.D.O.M Model)



How to Complete the Wheel of Resilience

1. Score each sector out of 10 (high score = high agreement with statement)
2. Shade each sector to reflect your score
3. Review - how “lumpy” is your wheel?
4. Get informed and take action in sectors you gave a lower score

Brief Definitions

Focus: I am mentally sharp so I can focus on the problem, process information quickly, prioritise, decide

Role Models: I have resilience role models whose beliefs, attitudes and behaviours inspire me.

Energy: I do physical exercise regularly. I mostly have healthy and nutritious meals and hydrate often.

Emotions: I am calm under pressure, in adversity I recall how I previously coped with similar challenges and regulate my emotions

Downtime: I am religious/spiritual or I practice meditation/mindfulness. And/or I make time to be light-hearted and playful or otherwise relax

Optimism: I have a future-oriented attitude, with hope and confidence that I will be okay whatever happens

Meaning: I can find meaning in adversity and/or I have a clear purpose in life.