



Five Pillars of Wellness and Resilience Worksheet

Words to use to complete this diagram:

FAMILY BODY SPIRIT MIND RELATIONSHIPS

- | | | |
|------------------|-------------------|----------------|
| Learning | Connections | Purpose |
| Legacy | Emotionally Aware | |
| Nutrition | Values | Fitness |
| Recreation | Perseverance | |
| Communication | | Priorities |
| Decision Making | | Perspective |
| Rest | Affection | Adaptability |
| Physical Fitness | | Social Support |
| Identity | | |



List all Five pillars and describe one activity that you will do during the next year to support your resilience during this time.

Pillar of _____: _____

Pillar of _____: _____

Pillar of _____: _____

Pillar of _____: _____

Pillar of _____: _____