



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 Connections
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 month to support your resilience during this time.

Pillar of _____ : _____

Pillar of _____ : _____

Pillar of _____ : _____

Pillar of _____ : _____

Pillar of _____ : _____