

*Try this - reviewing your Self-Help SSRI Toolkit*

For this exercise, think back to a past situation you found difficult but which you got through in a way you now feel happy about. What helped you do this? Focus particularly on **Strategies** you used, **Strengths** you drew upon, **Resources** you turned to and **Insights** you found useful. These helping factors are your 'Self-Help SSRIs'. Our resilience grows when we develop them. You can use the table below to write in Self-Help SSRIs you recognise.

<p><b>Strategies</b> Practical things we do, e.g. asking for help, using problem-solving approaches, meditation, attention to diet and exercise etc.</p>	
<p><b>Strengths</b> We draw upon these within ourselves, e.g. courage, determination, sense of humour, flexibility, ability to communicate etc.</p>	

**Resources**

We turn to these for nourishment, inspiration, guidance or support, e.g. friends, mentors, self-help books, places we feel safe, support groups, telephone helplines etc.

**Insights**

Ideas, perspectives or sayings we find useful, e.g. 'I can't; we can', the idea of timelines, the journey approach to change etc.