



Bedrock Therapies

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Teen Resilience Worksheet: Build Your Strength Through Life's Changes

Introduction

Life transitions can feel overwhelming, but you have more inner strength than you realize. This worksheet will help you identify what supports you, where you can grow, and how you can face challenges with confidence.

Take 10–15 minutes in a quiet space to fill this out. Keep it somewhere you can look at when you need a boost.

1. Know Your Stress Triggers

List 3 things that make you feel stressed, anxious, or overwhelmed:

- _____
- _____
- _____

Now, circle the one that feels hardest for you right now.

2. Identify Your Coping Tools

What healthy strategies help you feel better when you're stressed? Check all that apply:

- ☒ Talking to a friend or family member
- ☒ Journaling or writing
- ☒ Exercise or movement
- ☒ Listening to music
- ☒ Practicing mindfulness or breathing exercises
- ☒ Doing something creative (art, music, etc.)
- ☒ Other: _____

Star (*) the one you want to try more often this week.

3. Find Your Support Network

Who can you talk to when you're struggling?

- Someone at home: _____
- Someone at school: _____
- A friend or peer: _____

Write down one person you'll reach out to this week if you need support.

4. Set a Resilience Goal

What is one small step you can take this week to practice resilience?

Example: "I will take 5 deep breaths before a big test." or "I will ask for help when I need it."

My goal: _____

Final Note

Remember: Building resilience is a journey, not a race. You are stronger than you know, and you don't have to go through challenges alone.

Need extra support? Talk to your parents or reach out to [Bedrock Therapies](#) — we're here to help you grow stronger.