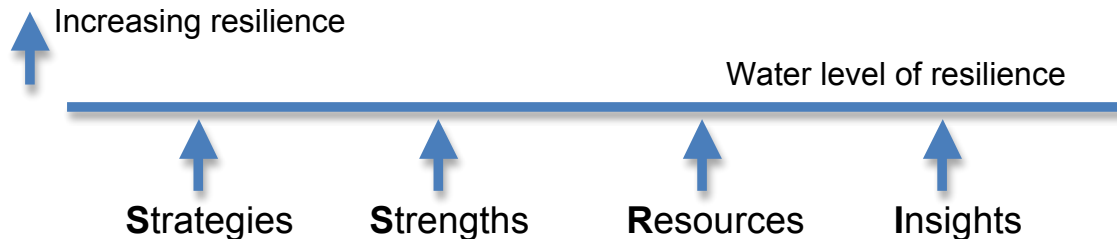


#### Strategy 4: Your Personal Resilience Toolkit of Self-Help SSRIs

The letters SSRI are often associated with a group of antidepressants (the selective serotonin reuptake inhibitors, of which Prozac is a common example). I use them here to represent learnable **Strategies, Strengths, Resources and Insights** as a way of emphasising that actions we take and choices we make can also have an anti-depressant effect.



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 SSRI you recognise.

|  |  |
|--|--|
| <b>Strategies</b><br>Practical things we do e.g. asking for help, using problem-solving approaches, meditation techniques, attention to diet and exercise etc.                         |  |
| <b>Strengths</b><br>We draw upon within ourselves e.g. courage, determination, sense of humour, flexibility, ability to communicate etc.   |  |
| <b>Resources</b><br>We turn to for nourishment, inspiration, guidance or support e.g. friends, mentors, self-help books, places we feel safe, support groups, telephone helplines etc. |  |
| <b>Insights</b><br>Ideas, perspectives or sayings we find useful. Eg. 'I can't, we can', the idea of timelines, the journey approach to change etc.                                    |  |