**Emotional Resilience Activity 2:**

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| **Positives:** |
| What has gone well for you so far? |
| What have you learned? |
| **Challenges:** |
| What has not gone well/is not going well? |
| Do you think the issue is culturally related? |
| Is it a personal issue (something from your own past that is resurfacing)? |
| **Action Steps:** |
| For the things that are not going well, why do I feel this way? |
| Who do I need to talk to? Where do I need to go for help? |
| What are some ways to cope more immediately or in the short-term? |

If you’re not sure what to do or who to speak to, talk to your Intercultural mentor.