

Resilience Building Practices Pulse Check Assessment



1. Regulation Curve

Review the regulation curve and check the box where you spent the majority of time during your most challenging day over the last week.

1 Gray Zone	2	3 Green Zone	4	5 Red Zone



Use the scale below to assess how well you've been able to do the following over the last week:

Resilience Building Practices I've been able to do the following well over the last week	1 - Strongly Disagree	2	3 - Agree	4	5 - Strongly Agree
2. Manage stress through physical activity, breathing exercises, or other relaxation techniques					
3. Reframe stressors to think about and manage them better					
4. Identify threats to a good day					
5. Have frequent, daily, positive interactions with others					
6. Use my daily structure to focus and be productive					
7. Focus on what is within my control					
8. Make things that happen more predictable					
9. Look to the future to maintain a sense of purpose and optimism					
10. Take the time to reflect on what happened and shift my approach					
How You Are Doing					
11. I am doing okay					
12. My peers are doing okay					