



Resilient Families!

The Resilience Wheel

The resilience wheel is an activity that helps us visualise what supports we have in place that help keep us strong and resilient.

Resilience is the ability to bounce back after challenges and tough times. Having a good support network helps with this.

Use the template provided to complete a wheel for each member of the family.

Instructions:

1. Put your name in the middle of the circle
2. In each of the other circles write down a person or activity that provides you with support, that comfort you, give you confidence and bring you joy.

Why the wheel?

We use the wheel to show that if the wheel is 'complete' it is strong and can move forward even when going over bumps and ditches. If for some reason our wheel is no longer full, say our friend moves away, we can no longer do an activity we use to. Our wheel is not as stable and may not be as strong, we have to refill our wheel.

It is important to be aware of our wheel and those in our family so we can help ensure we all have the support we need to remain resilient. Which will also help build a stronger family!

Remember family is anyone or anything you want it to be, you might include your immediate family, your extended family or your friend or community family!

DON'T FORGET:

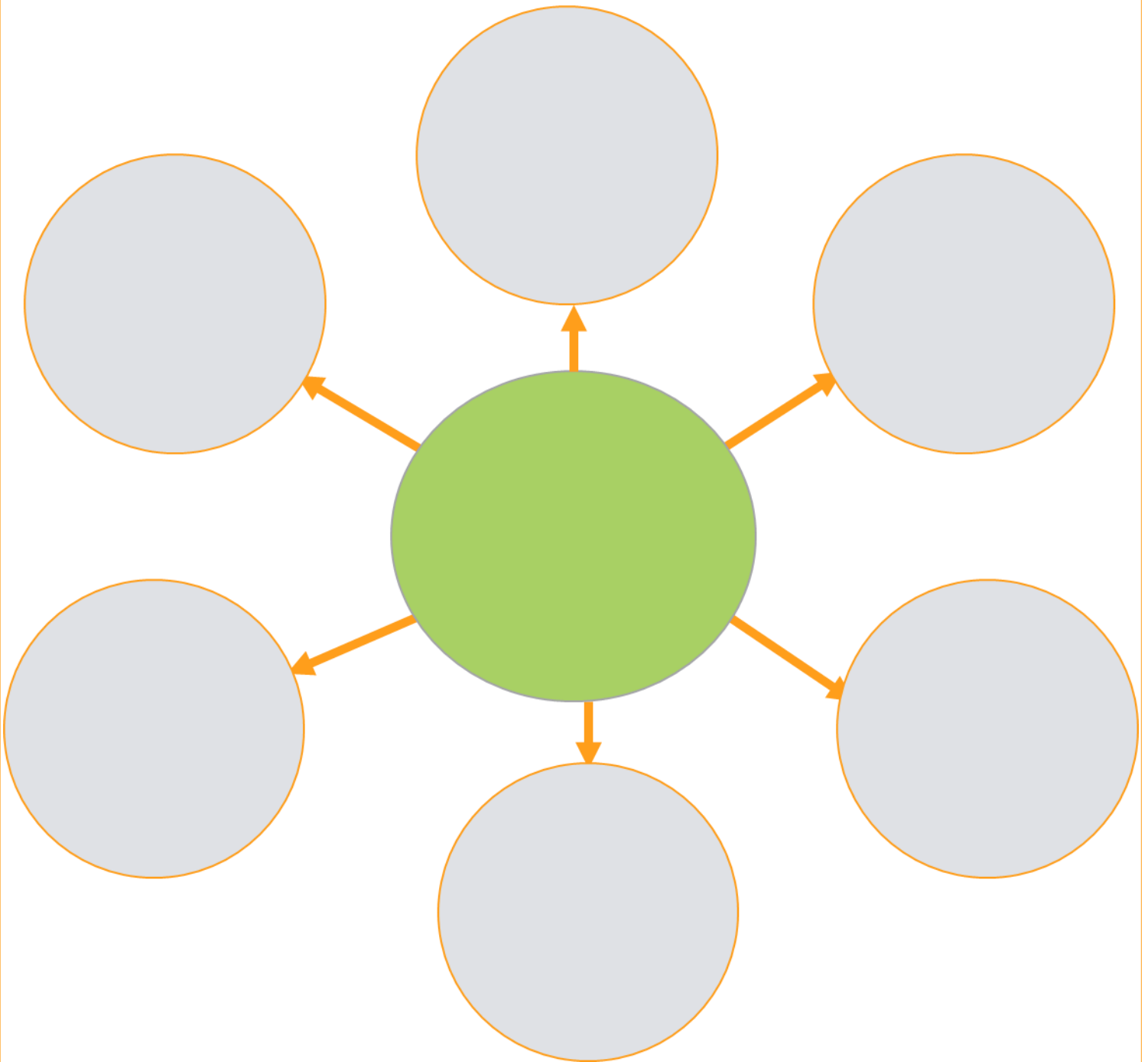
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CatholicCareWollongong



Resilience Wheel



Our Services.

CatholicCare is the social services agency of the Catholic Diocese of Wollongong, covering the Illawarra, Shoalhaven, Macarthur and Southern Highlands Regions. We support people to establish and build positive

relationships and connected lives. Our aim is to help people through difficult times to help them achieve self-reliance and realise their full potential. We also advocate for social equality and prioritise the needs of the most vulnerable.

CatholicCare is a local not-for-profit organisation committed to helping those in need regardless of religious beliefs, background or circumstances.

