



RESILIENTRETREAT

Kind Line: 941-343-0039

USING STRENGTHS TO PROMOTE RESILIENCE

If we can harness enough assets and resources, we can thrive even after exposure to trauma. Strengths in 4 areas are key:

<u>REGULATORY STRENGTHS</u>	<u>MEANING-MAKING STRENGTHS</u>	<u>INTERPERSONAL STRENGTHS</u>	<u>ENVIRONMENTAL STRENGTHS</u>
Factors that help us manage our emotions, thoughts, and behaviors.	Factors that help us connect to something larger than ourselves and create identities.	Help from others—family, friends, and professionals. Also, social skills that promote healthy relationships.	Features of the natural and human-built environments that promote wellbeing.
Exercise	Sharing our story	Connecting with others (e.g. support groups, join a club)	Time spent in green and blue spaces
Art/music	Committing to missions, roles, and/or beliefs	Volunteering to serve others	Soothing built environment (e.g., perceptions of safety, calming colors, and natural lighting in built spaces).

Banyard, V. & Hamby, S. (2022). *Strength-Based Prevention: Reducing Violence and Other Public Health Problems*. American Psychological Association.

Hamby, S. (forthcoming, 2026). *Stronger Than You Think: Building Lifelong Resilience*. Penguin Life.

BUILDING ON STRENGTHS



Name: _____ Date: _____

You can customize the strengths in each domain to suit your own interests and needs.

- **BUILDING REGULATORY STRENGTHS**
- BUILDING MEANING-MAKING STRENGTHS
- BUILDING INTERPERSONAL STRENGTHS
- BUILDING ENVIRONMENTAL STRENGTHS

BUILDING REGULATORY STRENGTHS

Factors that help us manage our emotions, thoughts, and behaviors.

CATEGORY	CURRENTLY DO	WANT TO DO
Example: Regulating Emotions	10 minutes of mindful walking/day	Therapy 1x/week
Regulating Emotions		
Regulating Body		
Self-Confidence		

Banyard & Hamby (2022). *Strength-Based Prevention: Reducing Violence and Other Public Health Problems*. American Psychological Association



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EXAMPLES OF THINGS THAT BUILD ON REGULATORY STRENGTHS:

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Exercising (especially aerobic exercise for 30 minutes or more)

Mindfulness meditation

Yoga

Art

Neurofeedback

Grounding

Sleep hygiene—developing health sleep routines

Eating foods that promote health and wellness

Therapy

BUILDING ON STRENGTHS



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- BUILDING REGULATORY STRENGTHS
- **BUILDING MEANING-MAKING STRENGTHS**
- BUILDING INTERPERSONAL STRENGTHS
- BUILDING ENVIRONMENTAL STRENGTHS

BUILDING MEANING-MAKING STRENGTHS:

Factors that help us connect to something larger than ourselves and create identities.

CATEGORY	CURRENTLY DO	WANT TO DO
Example: Sense of Purpose	Volunteering 1x/week at favorite non-profit	Taking 10-hour certification to pursue professional goals
Sense of Purpose		
Mentoring, social activism		
Spirituality and/or religion		





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EXAMPLES OF THINGS THAT BUILD ON MEANING-MAKING STRENGTHS:

Resilient Retreat Programs

Volunteering for a cause that matters to you

Finding a community of like-minded people

Connecting with your spirituality (e.g., nature, faith-based communities, philosophy groups, meditation, prayer)

Journaling about what you learned from your hardest experiences

Connecting with things or people that make you feel like you matter

Pursuing a career path that fulfills you

Connecting with others with similar experiences

Committing to a mission, role, or belief

Therapy

BUILDING ON STRENGTHS



Name: _____ Date: _____

You can customize the strengths in each domain to suit your own interests and needs.

- BUILDING REGULATORY STRENGTHS
- BUILDING MEANING-MAKING STRENGTHS
- **BUILDING INTERPERSONAL STRENGTHS**
- BUILDING ENVIRONMENTAL STRENGTHS

BUILDING INTERPERSONAL STRENGTHS

Help from others—family, friends, and professionals. Also, social skills that promote healthy relationships.

CATEGORY	CURRENTLY DO	WANT TO DO
Example: Gratitude	Create a Gratitude List 1x/month	Volunteer at Food Bank 1x/month
Gratitude		
Social Leisure		
Find Social Support		



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EXAMPLES OF THINGS THAT BUILD ON INTERPERSONAL STRENGTHS:

Resilient Retreat Programs

Find ways to spend more time in leisure activities with other people

Develop social skills, such as empathy and conflict resolution

Take a class to learn a hobby or skill

Gratitude—especially gratitude letters or visits

Support groups

Joining a club

Mentoring younger generations (e.g., Big Brother, Big Sister; can help with meaning and with interpersonal relationships)

Reconnect with old friends

Therapy



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- BUILDING ENVIRONMENTAL STRENGTHS

BUILDING ENVIRONMENTAL STRENGTHS

Features of the natural and human-built environments that promote wellbeing.

CATEGORY	CURRENTLY DO	WANT TO DO
Example: Time in blue spaces	30 minutes in blue spaces/week	30 minutes in blue spaces/day
Time in blue spaces (i.e., outdoor spaces with water bodies)		
Forest Bathing		

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Hamby, S. (forthcoming, 2026). *Stronger Than You Think: Building Lifelong Resilience*. Penguin Life.



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EXAMPLES OF THINGS THAT BUILD ON ENVIRONMENTAL STRENGTHS:

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Time spent in blue spaces

Time spent in green spaces (i.e., outdoor spaces with vegetation), including forest bathing

Pets and other ways of spending time with animals

Natural light in built spaces

Finding your 3rd space (i.e., gathering place outside of home and work where people can socialize and build community)

Walkability at home and work

Limiting environmental noise, especially at night

Soothing colors and textiles in built spaces

Birdwatching