

## EXERCISE: THERE ARE MANY WAYS TO SURVIVE

THESE CAN BE YOUR QUALITIES OR STRENGTHS, EXTERNAL THINGS, ACTIVITIES OR PEOPLE WHO BOOST YOUR ENERGY LEVEL. THINK ALSO ABOUT THE LAST TIME YOU USED THESE RESOURCES.

Method of Survival	Never or rarely	Often
<b>Spiritual.</b> Leans on their values, beliefs and ideologies and looks for strength and support in them. Their values help them find the meaning of life and keep the faith.		
<b>Emotional.</b> Uses their emotions and expresses them: laughs, cries, draws, dances, paints and listens to music. Expresses their emotions through action instead of suppressing them.		
<b>Social.</b> Chooses the social way: belongs to several groups, seeks and accepts support, talks and discusses their troubles.		
<b>Creative.</b> Uses their imagination to avoid difficult things or to solve them. Analyses their dreams and trusts their instincts. Dares to think outside the box and turn to crazy ideas. Has the power of their thoughts, art, literature and music as resources.		
<b>Cognitive.</b> Searches information, solves problems, has internal dialogues, plans ahead and prioritises.		
<b>Physiological.</b> De-stresses by action, exercises and does sports, eats emotionally or loses weight, sleeps when sad.		