

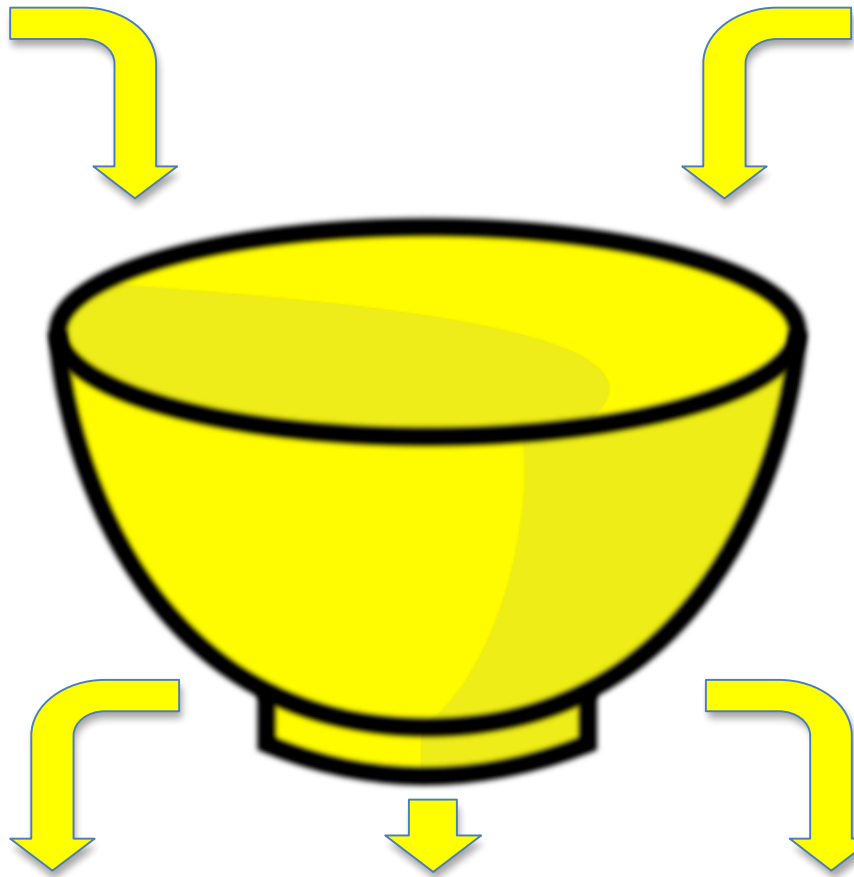
**Resource Bowl: developing resilience**

What sustains me?

Helpful activities  
Realistic goals

What sustains me?

Reasonable demands  
Supportive relationships



What drains me?

Unhelpful activities  
Unrealistic goals

What drains me?

Unreasonable demands  
Unsupportive relationships

What drains me?

Daily demands of life