

These worksheets are to be used with the three-part video series on “Entrepreneurial Resilience: Protecting your mental health” presented by Community Futures Revelstoke and facilitated by Stacie K. Byrne.

If you have any questions, please contact Brooke Burke at Community Futures.

Once complete, we encourage you to send your responses to bburke@revelstokecf.com or staciekbyrne@gmail.com.

Please send along any questions you would like answered during the next session to Stacie Byrne or Brooke Burke at bburke@revelstokecf.com.

1. What is your definition of resilience?

2. What are six (6) things resilience allows you to do better as an entrepreneur? Use Table 1 to fill in your own guess and Table 2 for the items listed in the video

Table 1: Your answers

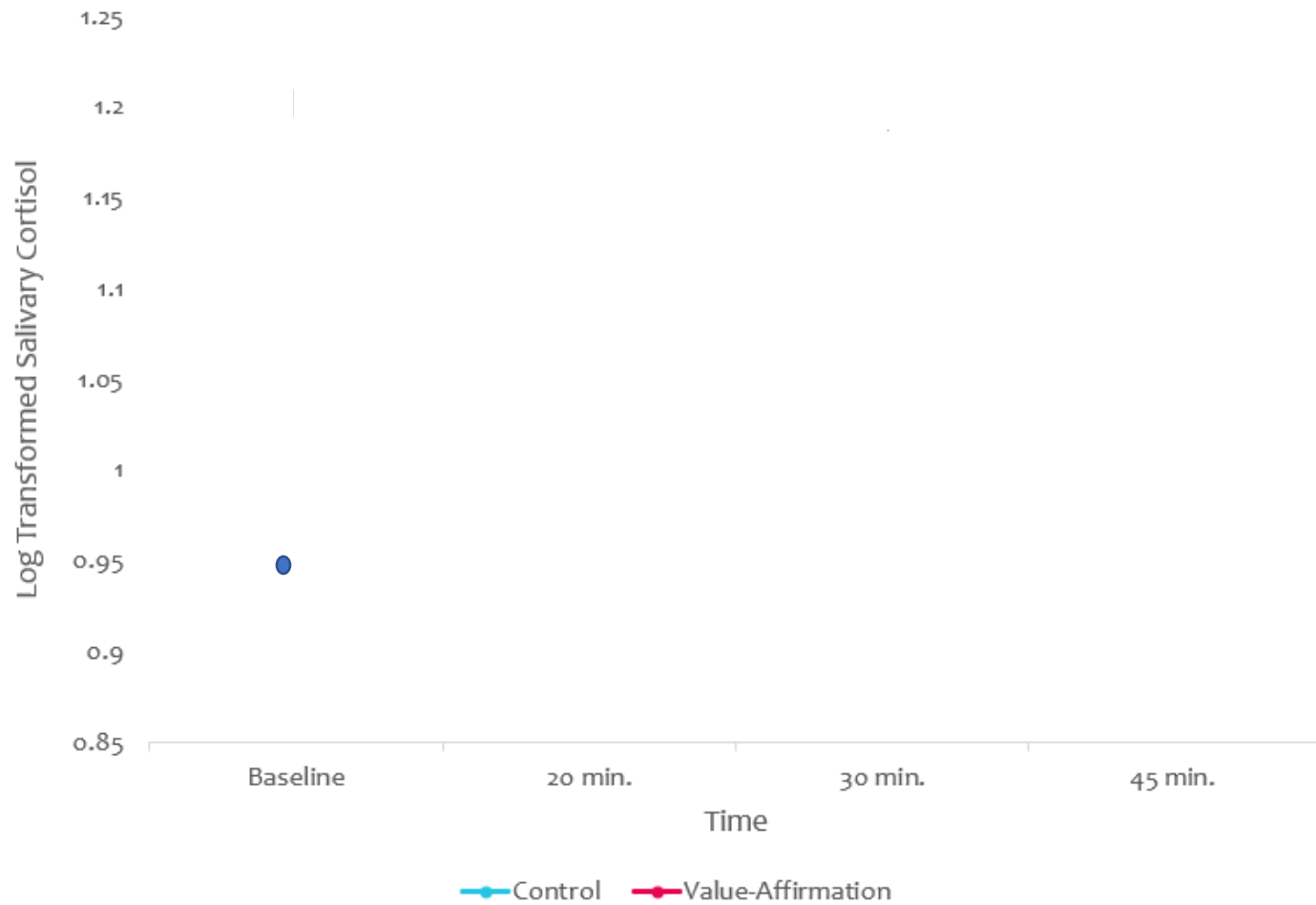
1.	2.	3.
4.	5.	6.

Table 2: From the video

1.	2.	3.
4.	5.	6.

Cortisol Level of both control and value-affirmation

* = Significant change



3. In the video, I talk about a study that was done to see if value-affirmation changes one's cortisol levels before, during and after a stress test. Use the blank graph above to guess the 20-, 30-, and 45-min cortisol levels after the stressful activity for the control group versus the value-affirmation group. I've provided you with the baseline measure to get you started (the baseline was the same for both the control and value-affirmation group). You should have 2 lines when you're finished. Place a star beside any relationships that you think are significant.

4. My values:

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1. I better understand resilience

Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
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2. I better understand the connection between resilience and mental health

Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
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3. I better understand how to grow my own resilience

Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
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4. I have some ideas for how to look after my mental well being

Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
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5. I know about resources available to support my mental health

Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
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6. I will recommend this workshop to a friend

Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
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