

# Coping with Catastrophes

## Strength Spotting Exercise

Protective factors helps you cope when faced with challenges.

Fill in the areas below to help identify strengths in your life. Recognizing these important factors can help you get through times of frustration or anxiety.

### Social Support

List two people in your life that you can talk to about your problems.



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### Skills

Describe at least one thing you are good at, or have knowledge of.



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### Survival Strategies

Describe a time when you've overcome a challenge.



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### Personal Identity

Describe something you are proud of, relating to your personal identity.



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