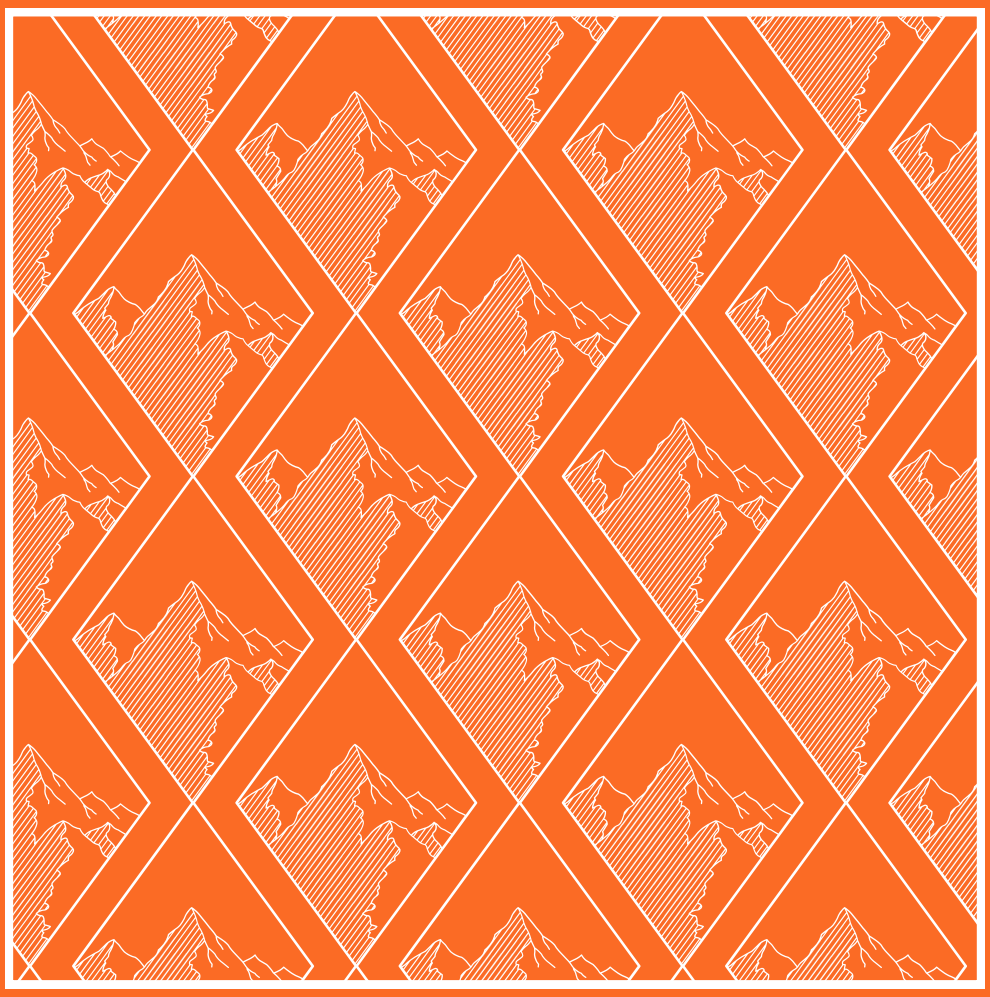
CAMERON K. GALLAGHER FOUNDATION

CGK



RESILIENCE JOURNAL

Welcome to your journal!

Resilience truly only comes from having endurance. Endurance is an ability to keep on going, again and again. Most people relate endurance only to running or cardiovascular exercises. However, endurance is much more than that. Endurance has to do not only with our physical, but also mental, emotional, and spiritual.

Imagine a runner who is exhausted, but keeps on running despite how they are feeling. This runner did not begin having this mental strength during the race. They prepared beforehand, helping them to be ready for this exact moment. This is how we must face our own run on race day with our mental health.

The same way that serious runners take months or years of training, we must take steps to train our minds, one day at a time. For some this is prayer, reading, or going to church. For others this is receiving counseling, journaling, or making time for silent reflection. And still for some others, this is exercise, taking a break from technology, or doing a hobby that brings joy. Gratefully, there are more ways for us to train our minds, than there are ways for a runner to prepare for a race.

When we choose to train our minds, day after day, by choice, we ultimately are preparing for that moment of exhaustion, tiredness, or fatigue that life will inevitably throw at us. When we suffer, face trauma, or go through a difficult season of life and choose to endure through it, utilizing the practices we used in preparation, we have a chance to endure. When we endure, we get a chance to become more resilient. **When we become more resilient, we get a chance to have more hope moving forward.** When we have hope that moves us forward, only then can we experience the joy of whatever is on the other side of the pain we are facing now. I promise this endurance is worth it.

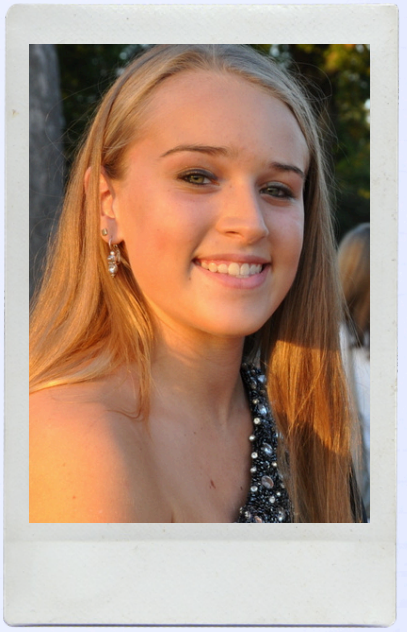
—Joe Bamisile

Former VCU Basketball Player
& Co-Founder of Maunda



Maunda Therapy
Licensed Mental Health Services

SpeakUp
for teen mental health



"Every life is precious and I will do anything and everything I can to help save people who are contemplating on the meaning of their life."

-Cameron Gallagher

This journal is designed for informational purposes only and is not intended to diagnose, treat, or provide medical advice. It should not be used as a substitute for professional healthcare or guidance. Always consult with a qualified healthcare provider for any concerns related to your health or well-being.

IMPORTANT definitions

Resilience	The ability to recover, adapt, and keep moving forward after challenges or setbacks
Perseverance	Continuing to work toward a goal even when it's difficult
Adaptability	Adjusting to changes or new situations with flexibility
Grit	Passion and persistence toward long-term goals, even when progress is slow
Endurance	The ability to keep going through difficult situations over time
Patience	Remaining calm and understanding that growth and healing take time

Writing Prompt

Resilience isn't about never failing. It's about knowing you can take the next step, even when the path looks different than you expected.

What is something you used to find difficult that has become easier with practice? What did you do to get better at it?

RESILIENCE *can look like*

Asking for help
when things feel
like too much.

Trying again
after making a mistake
or experiencing a setback.

Taking care of yourself
when you're feeling
stressed or overwhelmed.

Being flexible
when plans change
or things don't go your way.

Talking about your feelings
with someone you trust.

Resilience means knowing that hard moments are part of life and recognizing that you have ways to get through them.

Finish the Sentence

Sometimes, resilience starts with noticing what's already inside you. Complete each sentence with whatever feels true for you. There are no right or wrong answers!

When I make a mistake, I can remind myself _____

_____

Someone I can turn to when I need support is _____

_____

A strength I have that helps me through tough times is _____

_____

When something doesn't go the way I planned, I usually _____

_____

Something I've learned from a difficult experience is _____

_____

One thing I want to remember the next time I face a challenge is

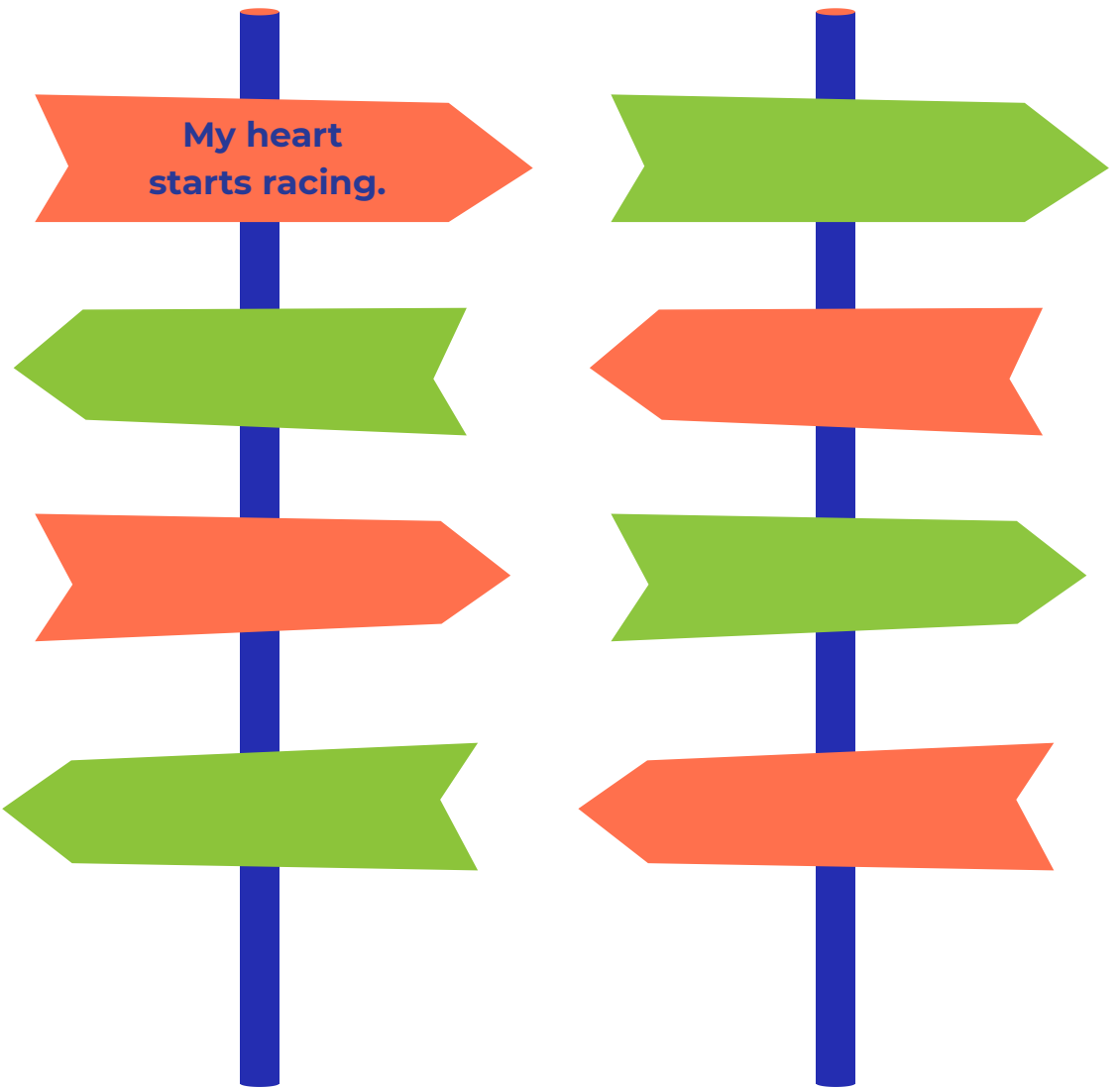
_____

I am stronger than I think because _____

_____

Warning Signs

How can you tell when you're starting to feel overwhelmed? What signs does your mind or body give you?



Writing Prompt

An essential part of becoming resilient is persistence and commitment.

What is a goal you are committed to achieving? What are the habits you have incorporated in your routine in order to achieve this goal one day?

MENTAL HEALTH word search

W F Z I A C L J D D R X B C H
F L E X I B I L I T Y T W O E
P E M P O W E R E D G B D N A
A G K I Y G R O W T H G R N L
T R Z L R E S I L I E N C E I
I I W B P U Q R I K Q O L C N
E T Q C O U R A G E O C E T G
N N R E F L E C T I O N M I H
C H K U B A L A N C E T P O O
E H W D Y F Q D W D V E A N P
W A X U Z M E P K J A Q T N E
K Y W O S T R E N G T H H U J
W K G I X F Q B P M W U Y N D
A H M C I P N S U P P O R T W
C D S X K V Y U S Q B G V Z E

Resilience
Courage
Hope
Growth
Strength
Grit
Patience
Empathy
Support
Connection
Balance
Reflection
Healing
Flexibility
Empowered

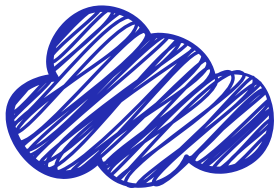
Writing Prompt

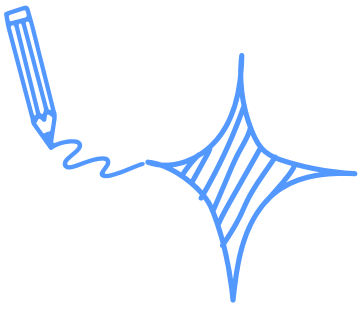
Flexibility means pivoting when things don't go your way. There may be times when you need not only a Plan A, but a Plan B, C, or even D.

Can you remember a time when things didn't go your way? How did you pivot and make the best of the situation?

Doodle Page







Writing Prompt

What is something you fear?
Do you spend time avoiding it?

What do you do to confront your fears?
What do you do to cope with them?

Match It Up

Draw a line to match each resilience skill on the left with the statement that best describes it on the right.

Resilience Skill

1. Believing in yourself
2. Perseverance
3. Self-care
4. Asking for help
5. Flexibility
6. Positive thinking
7. Learning from mistakes
8. Connection

What It Looks Like

A. Asking someone you trust for help when you need it.

B. Finding something positive or meaningful, even during a difficult time.

C. Believing that you can handle challenges, even when you feel unsure.

D. Taking time to rest, recharge, and care for yourself.

E. Continuing to try even when something is hard.

F. Adjusting your plans when things dont go as expected.

G. Thinking about what went wrong and using it to grow.

H. Staying connected to people who support you.

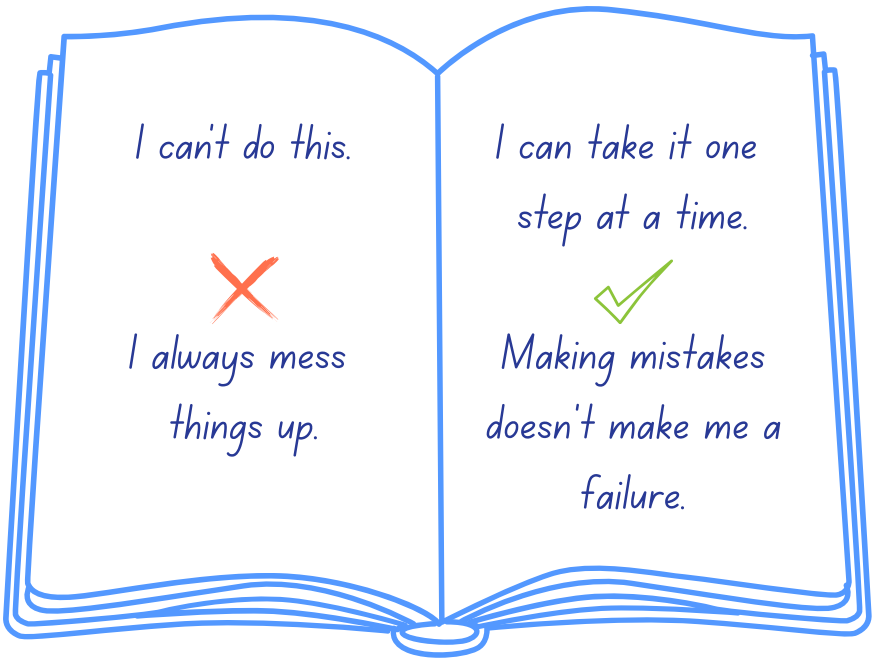
Remember:

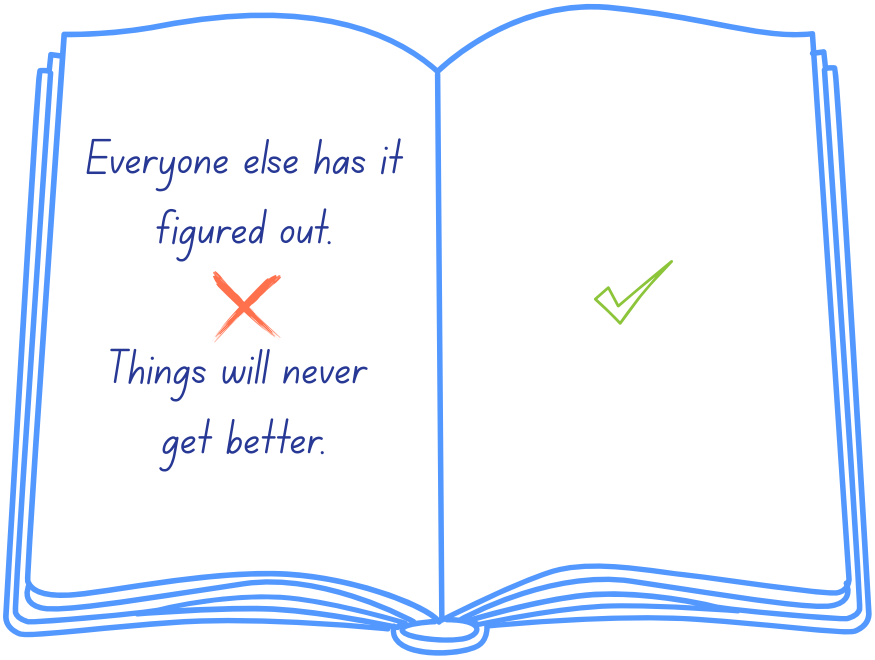
- You are allowed to have hard days.
- You are allowed to ask for help.
- You are allowed to take a break.
- You are allowed to start over.
- You don't have to face everything alone.

Note: The answers are on the next page.

Flip the Script

Challenge negative self-talk! Read the negative thought and then write a resilient reframe.





Match It Up Answers: 1–C | 2–E | 3–D | 4–A | 5–F | 6–B | 7–G | 8–H

Celebrate Every Victory

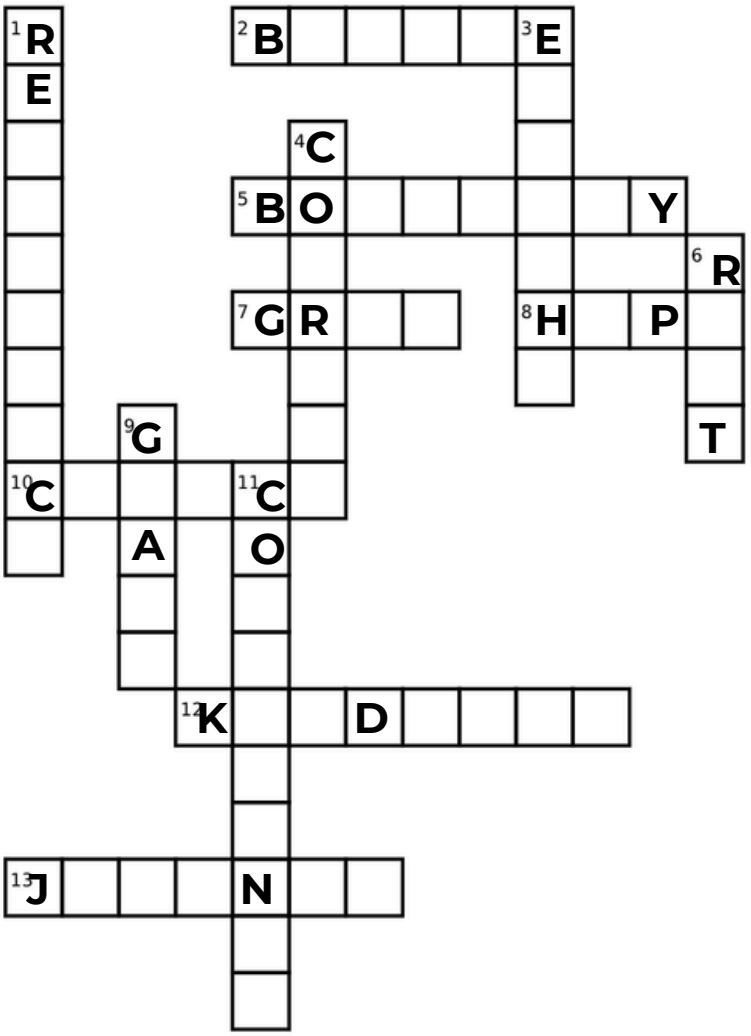
It's important to recognize your progress along the journey. Color in the stars of things you've accomplished this month.



Writing Prompt

**What is a mistake you've made that you learned from?
It could be trying something for the first time, making a bad decision, or simply doing something by accident.
What did you learn from this experience?
What would you do differently in the future?**

RESILIENCE IN ACTION
Crossword Puzzle



Down:

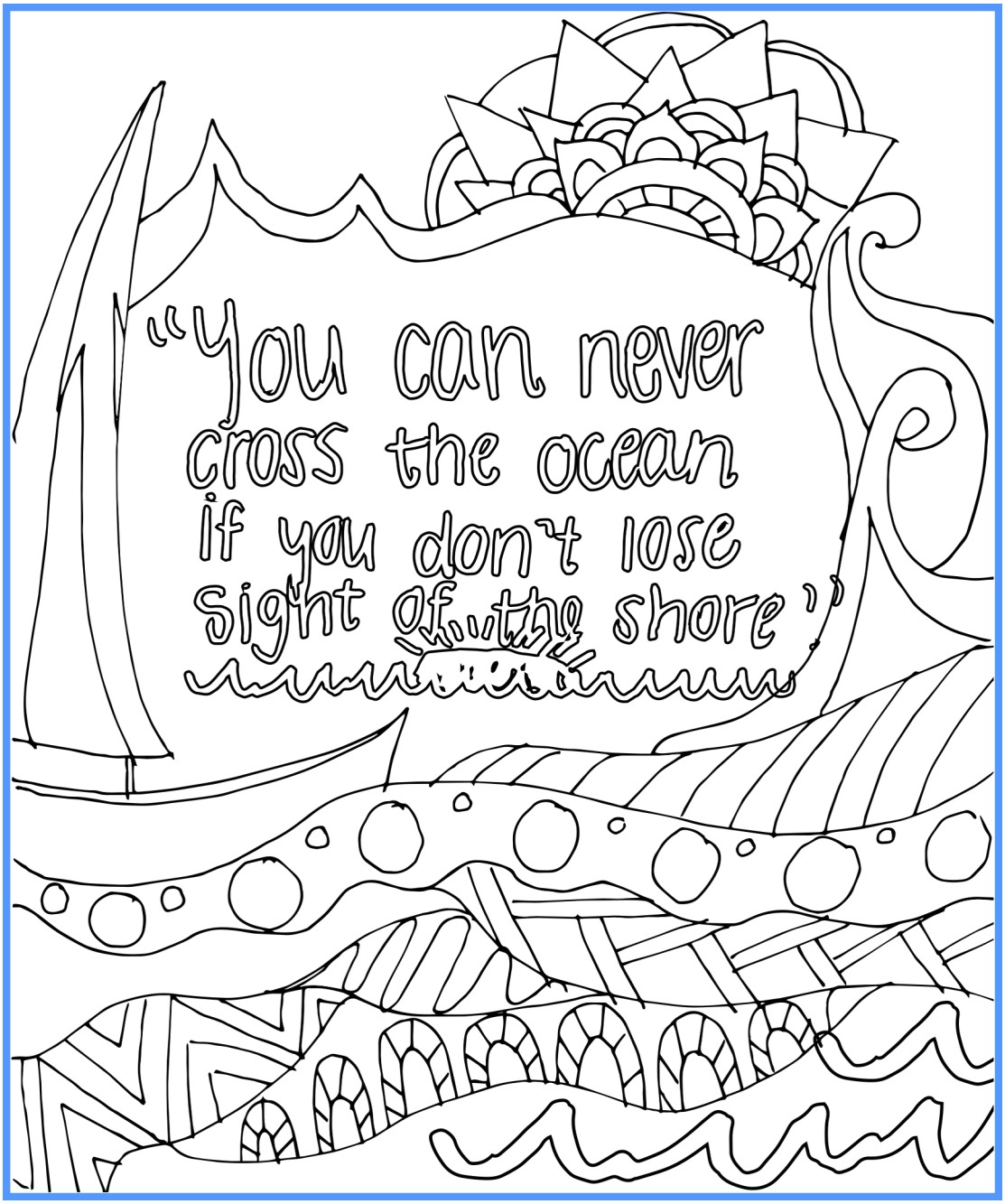
1. The ability to recover and grow after challenges.
3. Understanding how someone else feels.
4. Being brave even when you're afraid.
6. Giving your mind and body time to recharge.
9. Things you hope to accomplish.
11. Belief in your own abilities.

Across:

2. What resilient people do after a setback. They _____ back.
5. A healthy limit you set for yourself.
7. Sticking with something even when it's difficult.
8. Believing that things can get better.
10. A decision you make every day.
12. Treating yourself and others with care.
13. A place to write your thoughts and feelings.

Note: The answers are on the next page.

Coloring Page



Artwork by Cameron Gallagher

Crossword Puzzle Answer Key

1. Resilience 2. Bounce 3. Empathy 4. Courage 5. Boundary 6. Rest
7. Grit 8. Hope 9. Goals 10. Choice 11. Confidence 12. Kindness 13. Journal

Writing Prompt

Write a message to your future self. What do you want to remember the next time life feels difficult?

You've made it through hard things before. You can take things one step at a time. Always remember that you don't have to do it alone.

One Step at a Time

What are small steps you can take when a problem feels too big to solve all at once?









Resource List

Use the resources below if you or a friend ever need some help!

NO JUDGMENT.
JUST HELP.

TEXT, CALL, CHAT
988

Maunda Therapy
Licensed Mental Health Services

YOUR MENTAL HEALTH
SIMPLIFIED

APPOINTMENTS & SELF CARE TOOLS IN ONE APP

GET IT ON Google Play
Download on the App Store

Join a Mental Health Community.

Use referral code CKG Foundation.

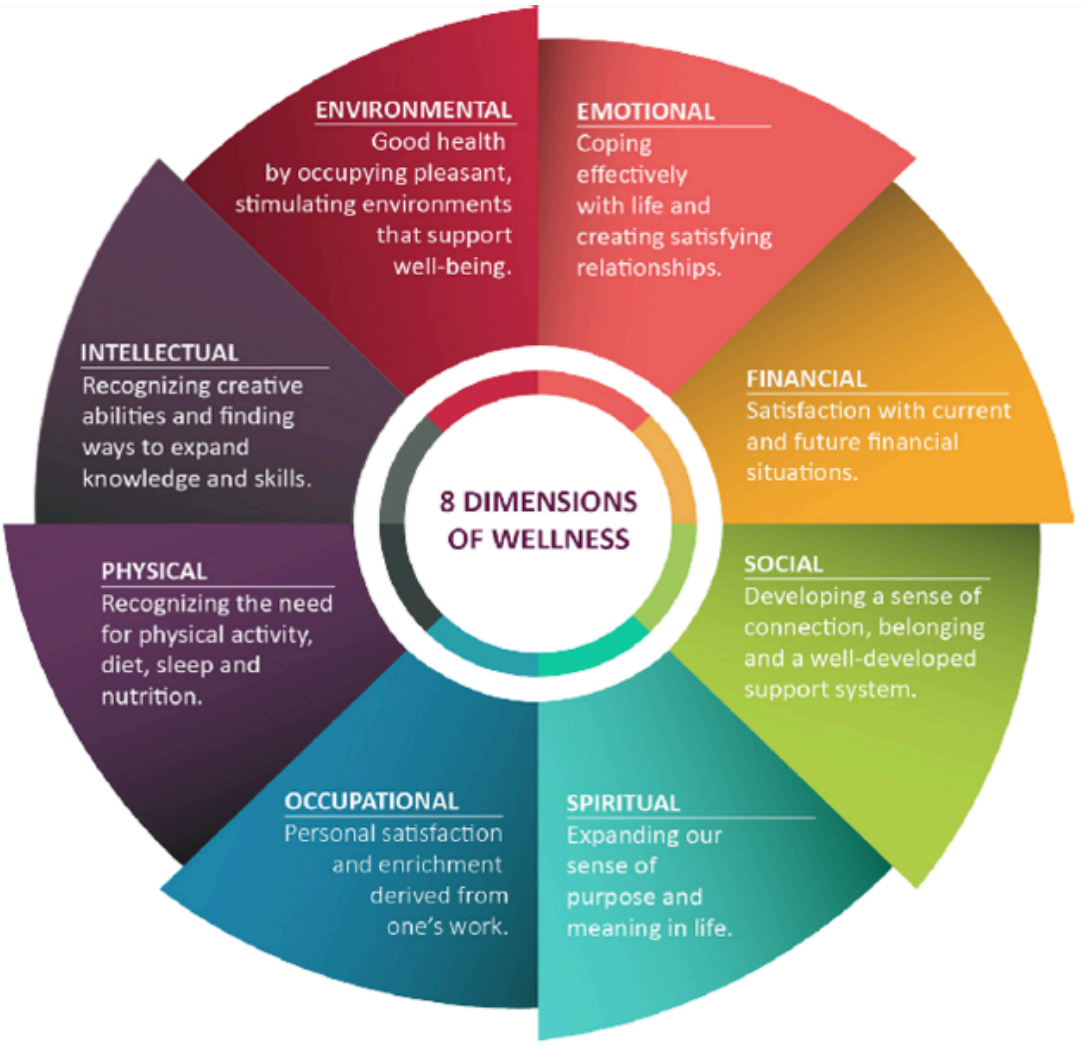
HENRICO
TS2S
TOO SMART 2 START
COALITION

Mental Health
VIRGINIA

www.ckgfoundation.org

ACTIVATE YOUR wellness

"Activate Your Wellness" is a statewide campaign that promotes wellbeing through awareness messages and calls to action. It's all about representing positivity, growth, and optimism. We want Virginians to know that it's okay if their wellness is not where they want it to be because even a small step can help create positive change!



Thank you for completing the journal!

Let's just get this one out in the open right at the start: **it's hard being a human sometimes**...or maybe even most of the time. It feels like there's always pressure to have it all together (whatever that means), knock it out of the park each time (what if you don't even like baseball?), and look good while doing it (again, who is deciding this??). We're told we have to play a game with ever-changing rules and it's exhausting having to keep up. If you've ever felt that way, I see you. I've felt that way many times throughout my life. It's normal!

So with all of that said; what do you do? How do you keep up with a world that's always changing and loves to tell you you're doing it all wrong? Lean into your resilience. Get to know who you are, what your strengths are, what you like to do. Become friends with yourself and know that you'll always have your own back. Being resilient in the face of adversity is a rebellious act. Don't let others pressure you into making choices that don't align with who you are. When you need a little boost, come back to this journal and read through your entries. Maybe your past-self left your future-self some good advice!

I know it can be difficult to keep showing up day after day. It can be really exhausting! I'm so proud of you for continuing to show up for yourself even when it's hard, even when you feel like you don't have anything else to give. And yet, here you are! Keep proving the haters wrong and keep showing up for yourself. I know it's difficult now, and it won't always be like this. You've got this. I'm rooting for you!

Megan White

Therapist at Half Moon Counseling



Get to Know CKG!

Our mission is to fulfill Cameron's dream and legacy by being a positive force that works to cultivate awareness and understanding of teenage depression and anxiety.

We provide education to equip teens through:

- Digital Toolkits
- Journals
- Podcast
- Peer-led SpeakUp clubs

We raise awareness of teen mental health through:

- SpeakUp5k
- Karting for CKG
- Community events

We start conversations to:

- Reduce stigma
- Foster open, honest dialogue
- Offer preventative care

Check out our digital toolkits!

Listen to our podcast!

Follow us on Instagram!

The Resilience journal was made possible by generous funding from

HENRICO
PREVENTION SERVICES

Get to Know Henrico Prevention Services!

Our goal at Henrico Area Prevention Services is to promote health and wellness. Henrico Area Prevention Services supports individuals, family, and community strengths by reducing the influence of risk factors and increasing protective factors. Addressing risks and building upon the strengths of youth, families, and communities averts the need for more costly substance use and mental health treatment services.

Visit their website for more info!

Sign up for their newsletter!

Learn about trainings and workshops!

CAMERON K. GALLAGHER FOUNDATION

CGK

"No matter how we feel, it is the love and support of those we surround ourselves with that gets us through the days."

—Cameron Gallagher

