**RESILIENCE CHECKLIST**

Below is a checklist of some of the determinants of resilience in general practitioners. Without thinking too much about the statements, please answer yes or no (agree/disagree) to each of the statements, as honestly as you can.

**Domain 1: Attitudes, perspectives and skills**

1. I value and derive sufficient meaning from the work I do
2. I am good at maintaining sufficient interest in my work
3. I have a good level of self awareness
4. I am accepting of myself and my limitations
5. I understand and am able to accept what is demanded of me, even if I can’t do it all
6. I am able to remain optimistic during challenging times
7. I am self confident, and can maintain this through ups and downs
8. I am persistent
9. I am a good problem solver and good at setting goals for myself
10. I can maintain a good sense of perspective, and see the opportunities for learning/growth in adversity

**Domain 2: Balance and prioritisation**

1. I am good at prioritising what is most important
2. I am good at saying no, and drawing boundaries
3. I get to do what I’m good at and enjoy
4. I have a good system for addressing my ongoing CPD needs
5. I ensure I debrief/process difficult emotions that arise at work
6. I value and take good care of myself
7. I make time for things outside of work that I enjoy and sustain me
8. I take regular holidays
9. I take regular exercise
10. I have a spiritual practice/I reflect on the deep philosophical questions arising from my work

**Domain 3: Work environment**

1. I work in a well organised practice
2. The workload is manageable, and I have some control over my working day
3. I have good staff that I can rely upon to get things done
4. I feel part of a functioning team

**Domain 4: Supportive relationships**

1. I have good support from my peers
2. I have good support from the wider team
3. I get the breadth of support I need from my partner/friends/family
   1. Unconditional acceptance and support
   2. Someone to listen
   3. Someone to help me address challenges/problems I’m facing, and find answers
   4. People I can let off steam with, have fun with