



Toolkit 1 - Learning Unit 4
Post-intervention

Activity 3A
Social resourcefulness (coping with the use of social resources)



Training

Please remind for yourself the crisis situation you've entered. Then please answer:

How did you cope with it?

Did the way of coping use any social resources?

What social resources did you use?

Please list at least 2 of it.

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**What social resources were there in this situation but you didn't use them?
Why?**

