

# Recovering from Cyberbullying Worksheet

## 1. Understanding the Impact

Reflect on how the cyberbullying experience has affected you both emotionally (e.g., Feelings of sadness, anger, embarrassment, or fear) and mentally (e.g., Changes in thought patterns, such as increased anxiety or depressive thoughts.)

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## 2. Identifying Support Systems

List the people and resources that can provide support as you recover from cyberbullying (e.g., Family members, friends, therapists, counselors, or support groups).

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### **3. Developing Coping Strategies**

Develop strategies that can help you cope with the aftermath of cyberbullying. Focus on both immediate and long-term approaches.

**Immediate Coping Strategies (e.g., Deep breathing, taking a break from social media, engaging in a distracting activity).**

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**Long-term Coping Strategies (e.g., Regular exercise, maintaining a journal, practicing mindfulness or meditation).**

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### **4. Enhancing Online Safety**

Consider ways to protect yourself online and reduce the risk of future cyberbullying. (e.g., adjusting privacy settings on social media, thinking critically before sharing information online, using blocking and reporting features on social media platforms for harassers).

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## 5. Rebuilding Confidence

Focus on activities and thoughts that can help rebuild your self-esteem and confidence after experiencing cyberbullying.

### **Affirmations:**

- Practice positive affirmations that reinforce your worth and strengths.

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### **Engagement in Positive Activities:**

- Participate in activities that make you feel good about yourself and connect you with positive people.

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## 6. Planning for the Future

- Specific goals for recovery, such as building resilience, regaining confidence, or helping others who have experienced cyberbullying.

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- Identify strategies and ongoing practices for maintaining mental health (e.g., regular check-ins with a therapist, continued engagement in hobbies, maintaining a support network).

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