

## Activity

# Resilience 101

## What Is Resilience?

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress

How well people adapt and how resilient we are depends on:

- The help we get
- The ways in which we view and engage with the world
- Our coping strategies

You may not be able to control how much help you get, or where you start in life, but you can control the way you see the world and your coping strategies

What else do you think helps people develop resilience?

## Factors associated with resilience:

Good relationships

Optimistic worldview

Setting realistic goals and take the steps to carry them out

Self-confidence

Awareness and use of character strengths

## How resilient are you?

If you think you're not resilient, you're probably underestimating yourself.

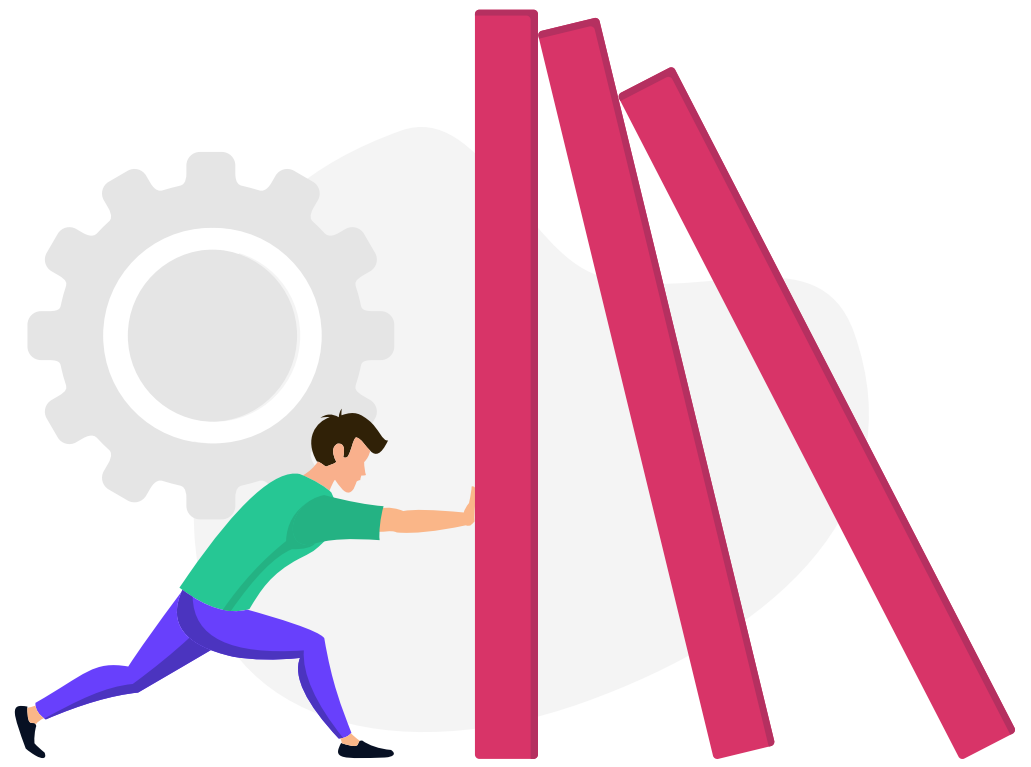
Human beings in general are a lot more resilient and adaptable than our naturally anxious brains believe.

Research shows that we return to our 'baseline' after upheavals much quicker than we predict.

We tend to predict that bad things will devastate us and leave us permanently unhappy, and that good things such as a longed for milestone or winning a lot of money will make us permanently happy.

In truth we go back to how we were before much easier than we think.

We survive the bad thing and return to pretty much normal while the shiny new thing we wanted more than anything in the world doesn't leave us satisfied; we just turn our attention to the next thing that we want.



Activity

# Resilience 101



## 1. Develop an internal locus of control

If you have an internal locus of control you tend to believe that you are in charge of your own life, even when you find yourself in situations that are genuinely outside of your control. You believe in your own power to influence and change outcomes, in your own responsibility. You are the main character of your own life, active within it. Which of these thoughts sounds like it belongs to a person with an internal locus of control?

- I make things better
- I will try harder next time
- What can I control about the situation?
- I'm a loser
- I'm doomed to fail
- It's useless trying
- Maybe I messed up there
- I have bad luck

## 2. Grit Your Teeth

Grit is the tendency to sustain interest in goals and work hard despite setbacks, passion even under pressure

Grit is a key aspect of resilience. Do you have it?

- Yes
- No

## 3. Look on the bright side, become an optimist

Optimists view challenges as temporary, changeable and local. Pessimists tend to view things as personal and permanent.

### How optimistic are you?

	Optimistic	Pessimistic
<b>Something good happens</b>	Permanent (My good fortune is here to stay!) Pervasive (This applies to other areas of my life) Personal (It's down to my effort, character or talent)	Temporary (It won't last) Local (This is a fluke) General/External (It was luck, random)
<b>Something bad happens</b>	Temporary (This too shall pass) Local (It's not going to ruin everything) General/External (it happened because of circumstances, not because I'm terrible)	Permanent (The suffering will never end) Pervasive (It's going to ruin everything) Personal (It's all my fault)

Activity

# Resilience 101

## 4. Good Relationships

Good relationships make us more resilient because they provide a way for us to release stress and feel loved and accepted.

## 5. Cope Healthily

Choosing healthy coping mechanisms as a way to deal with difficult things will make you a more resilient person, while unhealthy coping mechanisms will do the opposite.

What's an example of a healthy coping mechanism?

What's an example of an unhealthy coping mechanism?

## 6. Character Strengths

Remember Personality Power?

Identifying and using your character strengths is important for long-term happiness. It also helps you become more resilient because by helping you feel good about yourself.

Working on character strengths like courage, stoicism, sense of humour, and perseverance will help your personal resilience



Activity

# Resilience 101

## Resilience Hero

Research a person you admire that you feel embodies the qualities of resilience and grit.

This could be someone who has achieved great things despite pressure and setbacks, someone who never gave up

Your person doesn't have to be a celebrity or have reached the kind of success measured out in income and acclaim- they can simply be someone who has managed to build a thriving and happy life despite tragedy or adversity.



Name:

Why did you choose this person?

Tell us how you think this person has showed resilience or grit

How did they cope when things got tough?

Activity

# Resilience 101

## Resilience Hero

Research a person you admire that you feel embodies the qualities of resilience and grit.

This could be someone who has achieved great things despite pressure and setbacks, someone who never gave up

Your person doesn't have to be a celebrity or have reached the kind of success measured out in income and acclaim- they can simply be someone who has managed to build a thriving and happy life despite tragedy or adversity.



What character strengths do they show?

Did they have good relationships or support along the way?

Do you think they are more optimistic or pessimistic?