



Resilience: Part One

----- For Young Adults -----

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Resiliency Assessment

Part One:

As a rough initial guide, rate yourself in terms of the following ingredients of resiliency on a scale of 1-10.

- 1) I have plenty of support from other people in my life (/10)
- 2) I accept myself for who I really am (/10)
- 3) I am confident in my ability to cope with adversity (/10)
- 4) I am good at communicating and interacting with others at times of stress (/10)
- 5) I am good at facing challenges in my life and solving them systematically (/10)
- 6) I cope well with my emotions in the face of adversity (/10)

Part Two

Rather than looking at your total score, go back and consider each example individually. For each item above, if you rated it more than zero, ask yourself why. Also, what could you do to increase your score on each item, making it closer to ten?

**Question
Number**

**What made me rate
this above zero?**

**What could I do to
increase the score
to make it closer to
ten?**

1		
2		
3		
4		
5		
6		

Exploring Previous Resilience Strategies

Evaluate Previous Resiliency Strategies: Think of a previous time in your life that you considered to be personally demanding, difficult or encountered a stressful situation. Think back to how you handled and came through the situation.

- What was your goal? What was the outcome?
- What obstacles did you have to overcome?
- What unpleasant feelings and thought do you remember having in the situation?
- Who did you receive external help and support from? Would having a better social support system assisted you in coping with the situation?
- What specific attitudes and skills helped you cope with the situation?
- How would you rate your resilience in that situation?
- How could your resilience be improved during a similar situation?

How to Build Resilience?

According to the American Psychological Association (APA) there are 10 ways to build resilience:

- Making connections and building your social support network;
- Avoiding the tendency to view crises as insurmountable challenges;
- Accepting that change is a natural and unavoidable part of life;
- Moving towards your (realistic) goals;
- Taking decisive actions that will help you face your challenges;
- Looking for opportunities for self-discovery;
- Nurturing a positive view of yourself and your abilities;
- Keeping things in perspective and in context;
- Maintaining a hopeful outlook on life;
- And taking care of yourself.



Changing Your Narrative

Change Your
Narrative

Change Your
Mindset

We can adjust our paradigms by re-creating narratives we tell ourselves. We can get stuck in re-playing the same stories, which may not be helpful or productive. By creating a healthier storyline, we foster our sense of control and how we interpret events. A study conducted by Pennebaker, et. al (1988) indicated that individuals who engaged in therapeutic writing experienced more well-being and happiness (i.e. resilience) months later.

Consider an example in your life where you continue to repeat a story that produces worry or anxiety. Try writing out a new version with a more positive interpretation. Recognize how you feel in the process.



Identifying Your Own Strengths

Research proves that identifying and leveraging strengths enhances resilience.

A great place to start is to reflect on your individual talents and strengths and consider how you can make a difference using them.

In this exercise, you will identify your strengths and understand the ways in which you are already using them. You will also explore new ways to use your strengths.

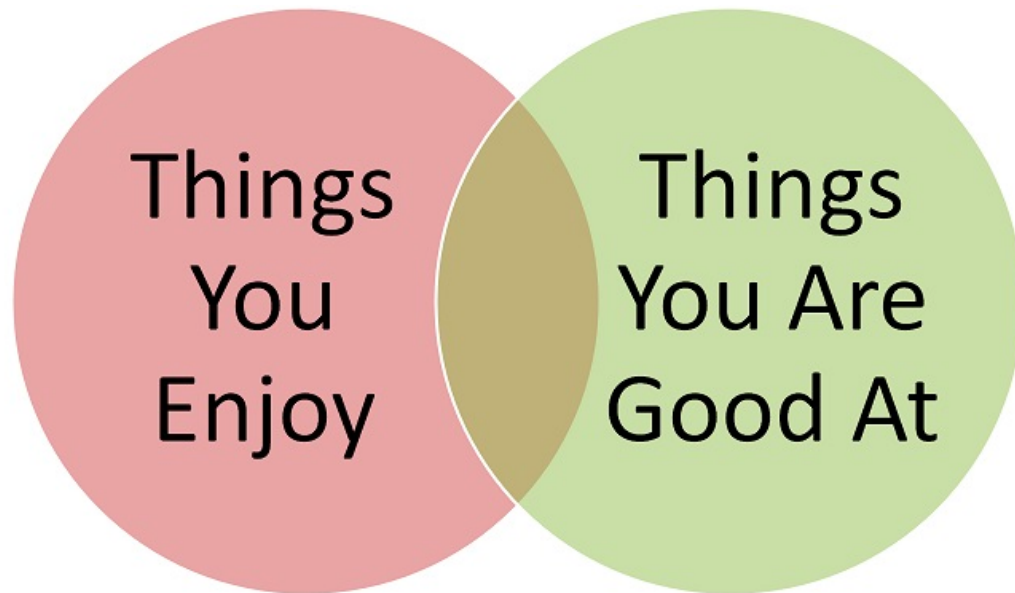
Think about what your greatest strengths are. This can come from your own self-reflection and review, or from what others who know you well have expressed to you. Circle all the strengths that resonate for you from the choices below or add your own at the bottom.

Wisdom	Artistic Ability	Curiosity	Leadership
Empathy	Honesty	Open Mindedness	Persistence
Enthusiasm	Kindness	Love	Social Awareness
Fairness	Bravery	Cooperation	Forgiveness
Modesty	Common Sense	Self-Control	Patience
Gratitude	Love of Learning	Humour	Spirituality
Ambition	Creativity	Confidence	Intelligence
Athleticism	Discipline	Assertiveness	Logic
Optimism	Independence	Flexibility	Adventurousness

Professional Strengths

1. List the strengths you possess that help you in your profession (present or past work, school, professional endeavor).
2. Describe a specific time your strengths were able to help you in your profession. How do these strengths serve as an asset in the work environment?
3. List at least two new situations or ways in which you can leverage your strengths as they pertain to your workplace.





Personal Fulfillment Strengths

1. List the strengths you possess that help you achieve personal fulfillment (hobbies, interests, pleasurable activities).
2. Describe a specific time your strengths were able to help you with your personal fulfillment?
3. List at least two new situations or ways in which you can leverage your strengths to achieve personal fulfillment.