Five-skill resilience self-test

1. Considered one of the best protections from the effects of stress, posttraumatic stress disorder (PTSD) and suicide:
   a. Machismo
   b. Social support
   c. Empathy
   d. Self-efficacy

2. “Development of skills needed to manage stress in an optimal way” is a workable definition of:
   a. Empathy
   b. Reaching out
   c. Resilience
   d. Social support

3. Why does one need to “identify personal strengths and weaknesses?”
   a. Improve empathy to aid communication and critical thinking.
   b. Identify the contributions you can make to sustain your support system.
   c. Build hope you can meet the challenge.
   d. Identify community resources.

4. “Risking change and adjusting your perception to better reflect reality” is essential to changing one’s:
   a. Locus of concern
   b. Belief
   c. Self-control
   d. Empathic concern

5. “Seeking to understand what another being is experiencing from their point of view” best describes:
   a. Empathic concern
   b. Sympathy
   c. Empathy
   d. Compassion

6. “Steps may include a definition About the skill, Why the skill meets the challenge, and How the skill meets the challenge” describes the resilience skill:
   a. Belief
   b. Persistence
   c. Strength
   d. Trust
   e. Adaptability

7. “If you can’t change the situation, change your attitude” describes the resilience skill:
   a. Belief
   b. Persistence
   c. Strength
   d. Trust
   e. Adaptability
8. “Consider your challenge with respect to empathy, reaching out to others, and social support” describes the resilience skill:
   a. Belief
   b. Persistence
   c. Strength
   d. Trust
   e. Adaptability

9. “Slow diaphragmatic breathing, progressive muscle relaxation, positive imagery, social resilience, and mindfulness-based stress reduction” describes the resilience skill:
   a. Belief
   b. Persistence
   c. Strength
   d. Trust
   e. Adaptability

10. “The steps describe the actions that are needed to reach your goal” describes the resilience skill:
    a. Belief
    b. Persistence
    c. Strength
    d. Trust
    e. Adaptability

Match the following skills to the scenario that best captures the skill intent:
   a. Belief
   b. Persistence
   c. Strength
   d. Trust
   e. Adaptability

11. I need to focus on exercising consistently and try a simple relaxation technique. I am not good at eating well and unsure which diet plan will work for me.
    □ The challenge is to find plans, particularly diet, that meet needs and lifestyle.
    □ Try four different diet plans over four weeks.
    □ Compare likes and dislikes for each diet plan.
    □ Try a thirty-minute per day, five days a week aerobic exercise schedule.
    □ Jog or use stationary bike depending on weather and log results.
    □ Examine the exercise log to determine exercise consistency throughout the week.
    □ Do a breathing relaxation exercise before going to sleep.
    □ Adjust or change any of the plans that are not working and monitor the changes.
    □ Recognize the benefits.

12. I have an irreversible medical condition. This condition is not going away and it seems I can’t change it.
    □ The challenge is how to deal with an irreversible medical condition.
    □ The outcome seems to be not changeable, so I will focus on something I can change.
    □ My worst fear is that I can’t do everything I want to do.
    □ I recognize that my thinking is self-defeating because it appears to be “all or nothing” thinking.
☐ I seek the more positive thinking that there is still opportunity to do some of what I need and want to do.
☐ I recognize now that I can also change the outcome so it is more positive by creating a list of attainable goals to include a support group that will provide insight as to how I can best fulfill my goals.

13. I have been accepted into a demanding professional program. I will be separated from family for some time. I need to establish a support system to best assure I will successfully make it through the program.
☐ The challenge is reach out and develop a social support system.
☐ My strengths are perseverance and critical thinking.
☐ My weaknesses point to my immediate need for a study group and staying focused with the program.
☐ The people in my support system are two family members, who will stick with me and offer advice, I contact each week. In addition, I have study partners, from each of my difficult classes, who I meet at least weekly and a program advisor who I personally contact as needed.
☐ I expect to actively participate in the study groups and report interesting events and progress to family members.
☐ I expect to make adjustments to the support system as needs change and I meet other people sharing common interests.

14. I have a work project to complete that seems to run on forever. I need to get this completed and submitted. I create a plan that becomes the outline for my story.
☐ The challenge is to complete a project.
☐ My goal is to “Create a Time Completion Plan for Submitting the Final Project.”
☐ The steps begin with identifying the remaining parts of the project.
☐ Identify the order in which the project parts are to be completed.
☐ Identify how much time is needed to complete each project part.
☐ Assign a due date to each project part to include an opportunity to review the final work.

15. I have an uneasy feeling that one of my friends may be thinking about suicide. I am unsure how to handle this situation and need a plan on how to approach my friend.
☐ The challenge is to help a person who may be thinking about suicide.
☐ Suicide is one of the leading causes of death for teens and young adults
☐ Identify community resources.
☐ Contact resources to determine the best way to handle the situation.
☐ Be prepared to reach out to the person and listen.
☐ Question the person about the possibility of suicide.
☐ Persuade the person to get help.
☐ Refer the person to the identified resources for specialized help. Offer to get the person to assistance or call 911 if critical.
☐ Do a personal welfare check to best encourage a positive outcome.