

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.