



Resilience Exercises
Version 8.8

download from <https://resilienthacks.org/WorkbookBrief.pdf>

We will define stress as the body's response to demands or pressures. A little stress can be helpful to get through a personal challenge. Stress can also be overwhelming. It can punish us emotionally and physically, particularly when it continues over long periods of time.

There are, however, protective factors to deal with stress. Resilience is considered protective. For our learning we will define resilience as developing the skills needed to manage stress in an optimal way. Resilience models tend to favor social support as protective for dealing with stress and reducing suicide risk. The World Health Organization (WHO) encourages us to pursue resilience at individual and community levels by recognizing the role of protective factors relative to suicide. Protective factors include developing a social support system, spirituality as a link to a socially cohesive and supportive community, and lifestyle practices of positive coping strategies, good self-esteem, self-efficacy (believing you can meet a goal), and effective problem-solving skills. This includes the ability to reach out and find help when needed.

An entirely educational approach for learning resilience uses the theme of the "Hero's Journey." Common to many epic stories is the hero who, facing a challenge, goes on a risky mission, is victorious, and returns as a transformed person. The Hero's Journey encourages us to recognize the importance of teamwork through a social support system by applying positive coping skills to meet a challenge. Our goal is to take a personal challenge and create a more positive and less stressful outcome. We title these skills Belief, Persistence, Strength, Trust, and Adaptability for our learning. They serve as mental armor, a personal protective factor to help us and our social support systems.

If you are time limited, then consider completing Belief and Trust skills and practicing a relaxation exercise, such as diaphragmatic breathing in the Strength skill. Though each skill is unique, the learning exercises for each skill are nearly the same. This repetition is intentional to build confidence and reinforce the idea that each of us can be resilient and work comfortably with others as we deal with real life challenges. It is therefore *essential* that you work with a partner while completing the resilience exercises. These Resilience Exercises (<https://resilienthacks.org/WorkbookBrief.pdf>) are a much abridged version of the more detailed Resilience Workbook (<https://resilienthacks.org/STEM.pdf>). If you wish to measure personal change, consider using a general resilience test before you begin the learning and again after the learning (example: <https://www.reginfo.gov/public/do/DownloadDocument?objectID=39162801>).

Resilience Exercises Version 8.8

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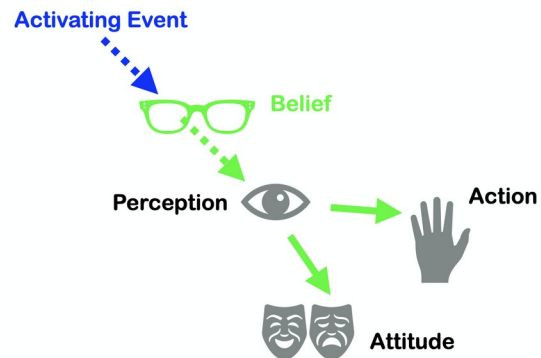
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Belief

Belief affects attitude. Changing your belief changes your attitude.

Flashcard

A Story to Tell: What is Belief? The way I perceive things is shaped by my beliefs. That means that my beliefs control my actions and my attitude. My attitude is the way I feel about something. How might this play out? Perhaps, my neighbor's dog has been barking for an hour. My *attitude* might be one of annoyance based on my *belief* that the dog barks for no reason. Or, my *attitude* might be one of concern based on my *belief* that the dog is barking because something is justly wrong. The way I perceive the event is shaped by my belief, and my *attitude* is the consequence of that *belief*.



So, when I encounter a personal challenge, I have choices to make. Sometimes I can alter the challenge to make it more positive or more manageable. Many times, however, the challenge may appear to be unalterable. I then have to alter a personal belief so I develop a better attitude dealing with the challenge. I have to ask myself if the belief I currently have is self-defeating and possibly based on fear. What then might be a more positive, yet realistic, belief that I can consider. Changing one's belief is not always easy or immediate. It takes a lot of courage and persistence to make change. But, once I have made the decision to develop a more workable belief, I have also made the decision to be a survivor rather than a victim. Then too, I may find that with a better attitude, I can also make the challenge more workable for me.

Why: Your beliefs control your actions and the way you feel about something, your attitude. You can alter your belief to change your perception and better deal with your challenge. Beliefs, whether positive or negative, can have a profound impact on physical and psychological health.

How: Approach your challenge with a realistic view. Can you change the challenge to make it more controllable? If the challenge appears not changeable, then a change of attitude is possible by changing a belief.

- Consider your challenge. Is the outcome changeable? If so, then identify a more positive yet realistic outcome.
- Or, if the outcome is not changeable, then identify your worst fear. There is a belief that is supporting that attitude. Identify a more positive belief. Consider the steps needed to bring about the change to a more positive belief.
- Sometimes a challenge may require a change of belief before a more positive outcome can be found. And, sometimes changing the outcome of a challenge may be necessary before finding the more positive belief.

Example: Because of a fracture, my arm is immobilized. This condition is not going away for several weeks and I can't change it.

- ☐ My challenge is how to deal with a cast on my arm for several weeks.
- ☐ The outcome is not changeable, so I will focus on a change of belief.

- ☐ My fear is that I can't do everything I want to do.
- ☐ I recognize that my belief is self-defeating because the belief appears to be "all or nothing" thinking.
- ☐ I seek the more positive belief that there is opportunity to do some of what I need and want to do.
- ☐ I recognize now that I can also improve my outcome with a support system and attainable goals.

Hero's Journey: Belief



Tell your story: Recall a past Belief challenge

Objective: Completing this exercise will help to link this new learning to prior learning, something you did with some success in the past, to make the Belief skill more memorable.

How you perceive events is shaped by your beliefs. Changing your belief changes your perception, giving you control, inner strength and courage to better deal with life's challenges.

Let us look at Belief as a resilience skill. Read the Belief flashcard. Recall a past personal challenge where you successfully used the skill of Belief or something similar to Belief. Work on answering the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences. Writing your responses will help you to better organize your thinking. Feel free to work individually or in collaboration with another person on this exercise.

Brief questions:

1. What was your challenge?
2. Did you change the challenge to something more positive or workable? Or ...
3. Did you change your Belief to something more positive?

Detailed questions:

1. What was your challenge?
2. If you **were able** to change the challenge to something more positive or workable:
 1. What was your more positive outcome to the challenge?
 2. Did you then find you had a more positive belief and a change of attitude?
3. If you **were unable** to change the challenge to something more positive or workable:
 1. What was your worst fear or concern?
 2. Now the tricky part. Can you identify the self-defeating belief that caused fear or concern?

3. What was the more positive belief that you used to replace the self-defeating belief? If you are struggling to identify the self-defeating and positive beliefs, then describe how you worked around the fear that confronted you. That description will help to identify the more positive belief you used.
4. Did you then find you were able to find a way to change the outcome to make it more positive and manageable?

Collaborate: Apply Belief to a current challenge

Objective: Completing this exercise with another person will encourage communication, empathy, and the ability to reach out while problem-solving a relevant challenge.

You are most strongly encouraged to do this exercise with another person so that you become aware of how to work with people within a social support system, people who will work with you on real life challenges. Consider a challenge either you or perhaps someone you know has encountered. Write the challenge in as much detail as you feel necessary to allow you, and your associate, to make a decision as to whether you can alter the challenge outcome so it is more manageable. Or, if the outcome appears to be not changeable, a change of attitude is possible by changing a belief. Though this stressful challenge may be quite dire, we can still change the way we react to the situation and have some healing value emerge from the process. Refer to the Belief flashcard, especially the example, to get an idea on how you might write your responses to the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences.

Brief questions:

1. What is your challenge?
2. Can you change the challenge to something more positive or workable? Or ...
3. Can you change your Belief to something more positive?

Detailed questions:

1. What is your challenge?
2. If you **are able** to change the challenge to something more positive or workable:
 1. What is a more positive, yet realistic, outcome to the challenge?
 2. Are you able to recognize a more positive belief and a change of attitude?
3. If you **are not able** to change the challenge to something more positive or workable:
 1. What is the worst fear or concern?
 2. Can you identify the self-defeating belief that caused the fear or concern?
 3. What is a more positive belief that can replace the self-defeating belief? If you are struggling to identify the self-defeating and positive beliefs, then describe how you could work around the fear or concern. That description will help to identify the more positive belief used.
 4. Are you now able to alter the outcome to make it more positive and manageable?

If you are working within a group environment consider posting your outcome with other groups' outcomes. Observe how social support systems apply positive coping skills to solve real life challenges.

Own it: Reflecting on Belief





Objective: Completing this exercise will make the skills more understandable and therefore more workable for you.





1. You have applied the Belief skill to an instance that had occurred in your past. You have also applied the skill as group problem-based-learning to a current challenge. Now, reflect upon the skill. What is a word, words, or a phrase that best captures the idea of the skill of Belief. This is a good *oral* exercise in a group setting to determine if everyone is understanding the concept. It can be helpful to have someone facilitate this exercise.

2. Reflect upon the skill of Belief and, in a few of your own words, summarize in writing what this positive coping skill means to you — *how have you changed?* You are attempting to adapt the meaning of the skill to something that is more useable and memorable to you. If you are working in a group or classroom setting, post your responses, and recognize the power of social support.

How am I doing?

Objective: Completing this assessment will provide opportunity to monitor progress, adjust your learning, develop self-efficacy, and improve self-esteem.

Learning Objectives				
Evaluate how well the learning objectives are working for you. Answer by checking only one response to each of the following objectives.	 Do not recall doing this	 Not useful exercise	 Useful	 Very useful
Relate a past challenge to the Belief resilience skill.				
Apply Belief, to a current challenge, with a member of your social support system.				
Redefine, in your own words, the meaning of Belief.				
Recognize the importance of developing personal resilience by using positive coping skills and social support system.				

Change of Behavior				
Evaluate how much you have changed. Answer by checking only one response to each of the following.	 Worsened	 No change	 Improved	 Much improved
Ability to apply positive coping resilience skills to personal challenges.				
Ability to reach out to a social support system to better deal with personal challenges.				
Ability to problem solve when dealing with personal challenges.				
Improvement of self-efficacy, the ability to persist in meeting a goal when dealing with a challenge.				
Improvement of self-esteem.				

Persistence

Persistence is facing a challenge with the belief you will succeed.

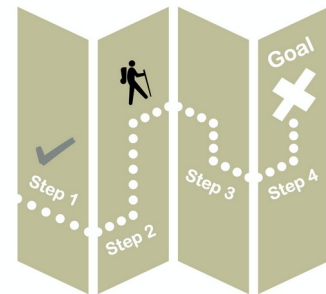
Flashcard

A Story to Tell: There is a journey ahead. It is the journey of personal change. I must persist to bring about change.

There is something very powerful about writing a goal. It requires me to take the time to organize my thoughts into a statement that is brief and understandable. This goal statement creates the belief that I can persist.

My preference is to keep my goal statement brief and to-the-point. Reduce a complex task into a simple phrase. I don't need to worry about the details, not yet, anyway. I can place limitations on the goal. Limitations make the goal manageable allowing me to determine the what and when of completion. "Hike a section of the Long Trail over four days." Is that doable I ask myself. There is nothing to be gained in setting myself up for failure. I want to make sure I can persist.

I decide how I will complete the goal, step by step. The process is systematic. Each step brings me closer to the goal. I write each step in a manner that permits me to determine when it has been completed. The step is measured by limitation. "Weather permitting, today I will hike 15 kilometers over 8 hours to arrive at the next campsite." I can check it off. I can mark progress toward goal completion. I make sure I can persist.



Marking progress builds belief, a commitment to ensure I complete the goal. I therefore write a number of steps to both provide direction and mark my progress. The goal and the steps become my map. When I have completed all of the steps, I have attained the goal. I have persisted.

Why: Persistence encourages you to make change, mark your progress, and build belief that you can reach your goal.

How: Consider creating a realistic goal and the steps needed to reach the goal so that when all of the steps are completed, you have attained your goal.

- Consider your challenge and recognize the importance of believing you can meet the challenge.
- Creating a goal is way to build the belief you can meet the challenge. The goal must be reachable within a realistic time limit.
- The steps describe the actions that are needed to reach your goal. Create as many steps as needed so that you can see the progress you are making. You persist by building belief in yourself.
- Remember to reward yourself as you persist.

Example: I have a project to do and need a plan to complete it on time.

- ☐ The challenge is to complete a project.
- ☐ The goal is to "Create a Project Time Plan."
- ☐ Break the major parts of the project into smaller steps to better identify the tasks and how much

time is needed to complete each part.

- ☐ Assign a due date to each project part.
- ☐ Assure there are enough steps so that progress can be easily seen.
- ☐ Monitor progress and remember to reward yourself as progress is made.

Hero's Journey: Persistence



Tell your story: Recall a past Persistence challenge

Objective: Completing this exercise will help to link this new learning to prior learning, something you did with some success in the past, so as to make Persistence more memorable.

Persistence is facing a challenge with the belief you will ultimately succeed.

Read the Persistence flashcard. Self-efficacy is defined as how well one can execute courses of action required to deal with prospective situations or, more simply, belief in one's ability to complete tasks and successfully reach goals. Being able to create an attainable goal and the steps to achieve that goal has been found to increase our sense of self-efficacy, leading to a greater likelihood of persisting and attaining success. Recall a past personal challenge where you successfully used the skill of Persistence or something similar to Persistence. Work on answering the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences. Writing your responses will help you to better organize your thinking. Feel free to work individually or in collaboration with another person on this exercise.

Brief questions:

1. What was your challenge?
2. What was your goal?
3. What were the steps needed to reach your goal?
4. What made the goal reachable?

Detailed questions:

1. What was your challenge?
2. What made you believe you could meet the challenge?

3. Did you create a goal as a way to build the belief you could meet the challenge?
4. Was your goal made reachable within a realistic time limit?
5. Did you write a goal statement?
6. Did you write the steps to describe the actions that were needed to reach your goal?
7. Did you include enough steps so that you could mark the progress you were making?
8. Did you remember to reward yourself in some way as you persisted?

Collaborate: Apply Persistence to a current challenge

Objective: Completing this exercise with another person will encourage communication, empathy, and the ability to reach out while problem-solving a relevant challenge.

You are strongly encouraged to do this exercise with another person so that you become aware of how to work with people within a social support system, people who will work with you on real life challenges. Consider a challenge either you or perhaps someone you know has currently encountered. Write the challenge in as much detail as necessary to allow you, and your associate, to answer the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences.

Brief questions:

1. What is your challenge?
2. What is your goal?
3. What are the steps needed to reach your goal?
4. What makes the goal reachable?

Detailed questions:

1. What is your challenge.
2. What makes you believe you can meet the challenge?
3. Will you create a goal to build the belief that you can meet the challenge? The SMART acronym captures some of the elements of successful goal setting from a management context. That is, goals are *Specific* (have a defined intent), *Measurable* (limits are established), *Assignable* (who is involved), *Realistic* (attainable), and *Time* related (have an expected completion).
4. Describe your goal.
5. Is the goal attainable?
6. Is the goal reachable within a realistic time limit?
7. Describe the steps that are needed to reach your goal. It is important to develop a realistic goal along with the smaller, more manageable, informative steps required to attain the goal. These steps have purpose. Steps can help eliminate goal uncertainty by setting limitations while introducing more flexibility in reaching the goal.
8. Do you have enough steps to mark your progress and build belief that you can persist?
9. How will you reward yourself as you persist?

If you are working within a group setting, consider posting your outcome with other groups' outcomes. Observe how social support systems apply positive coping skills to solve real life challenges.

Own it: Reflecting on Persistence





Objective: Completing this exercise will make the skills more understandable and therefore more workable for you.





1. You have applied the Persistence skill to an instance that had occurred in your past. You have also applied the skill as group problem-based-learning to a current challenge. Now, reflect upon the skill. What is a word, words, or a phrase that best captures the idea of the skill of Persistence. This is a good *oral*, or online, exercise in a group or classroom setting to determine if everyone is understanding the concept. It can be helpful to have someone facilitate this exercise.

2. Reflect upon the skill of Persistence and, in a few of your own words, summarize in *writing* what this positive coping skill means to you—how have you changed? You are attempting to adapt the meaning of the skill to something that is more useable and memorable to you. If you are working in a group or classroom setting, post your responses.

How am I doing?

Objective: Completing this assessment will provide opportunity to monitor progress, adjust your learning, develop self-efficacy, and improve self-esteem.

Learning Objectives				
Evaluate how well the learning objectives are working for you. Answer by checking only one response to each of the following objectives.	 Do not recall doing this	 Not useful exercise	 Useful	 Very useful
Relate a past challenge to the Persistence resilience skill.				
Apply Persistence, to a current challenge, with a member of your social support system.				
Redefine, in your own words, the meaning of Persistence.				
Recognize the importance of developing personal resilience by using positive coping skills and social support system.				

Change of Behavior				
Evaluate how much you have changed. Answer by checking only one response to each of the following.	 Worsened	 No change	 Improved	 Much improved
Ability to apply positive coping resilience skills to personal challenges.				
Ability to reach out to a social support system to better deal with personal challenges.				
Ability to problem solve when dealing with personal challenges.				
Improvement of self-efficacy, the ability to persist in meeting a goal when dealing with a challenge.				
Improvement of self-esteem.				

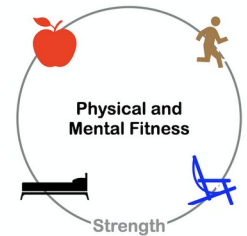
Strength

Strength grows from proper nutrition, exercise, relaxation and sleep.

Flashcard

A Story to Tell: Life is constantly changing. The change may be forgiving or it may be an unrelenting challenge. The journey of change demands strength.

Fitness is the strength to deal with life challenges. I can choose to be fit, to build strength to get through those challenges that bring about change. Strength is a chain of links. Proper nutrition, exercise, relaxation, and sleep form the links in that chain. I recognize that I have almost complete control of diet and exercise to build strength. I begin simply by keeping nutritious foods, such as fruits, in plain view. I find an exercise that is an enjoyable escape from stress. I make time to relax and sleep. I monitor my progress. I see positive change. I am motivated. Strength is about self-care. The path to quality of life requires the body be strong so the mind is able.



Why: Practicing a healthy diet, physical exercise, relaxation, and good sleep habits improves physical, emotional, and mental well-being. Strength is about good self-care. When you feel good, challenges are more easily managed.

How: Find and practice plans for diet, exercise, relaxation, and sleep to fit your lifestyle while meeting the goals of good nutrition, aerobic exercise, stress reduction and adequate sleep.

- Consider your challenge and how it relates to diet, exercise, relaxation and sleep.
- Find and practice a healthy diet that fits your lifestyle yet lowers your health risks. Consider re-searched plans such as MyPlate, Healthy Eating Plate, Mediterranean, or DASH.
- Find and practice a physical exercise plan that fits your lifestyle and provides at least 2 hours and 30 minutes of moderate-intensity aerobic physical activity ideally spread evenly throughout the week.
- Find and practice a relaxation exercise, such as slow diaphragmatic breathing, progressive muscle relaxation, social resilience, and mindfulness-based stress reduction.
- Practice good sleep hygiene by keeping a consistent sleep-wake schedule, exercising daily and eliminating long naps and naps within a few hours of bedtime.

Example: I get anxious before and during high-stakes tests and that prevents me from doing as well as I could do. I need to find and practice a relaxation exercise.

- ☐ The challenge is to be relaxed before and while taking tests.
- ☐ Consider an easy relaxation exercise, such as diaphragmatic breathing, an exercise of slow controlled breathing. I place one hand on my chest and the other on my stomach. I breathe slowly so that the hand on my stomach moves up and down. I try to keep the hand on my chest from moving up and down. Each time I exhale, I focus on the word “relax.” I practice diaphragmatic breathing for several weeks for about ten minutes before I go to sleep.
- ☐ Consider also an exercise plan to further reduce stress, diet plan to increase my energy, and good sleep to support the relaxation and improve my likelihood of doing even better on the test.
- ☐ Adjust or change any of the plans that are not working and monitor the changes.
- ☐ Just before a test, I practice diaphragmatic breathing thinking of the word “relax.”

Hero's Journey: Strength



Tell your story: Recall a past Strength challenge

Objective: Completing this exercise will help to link this new learning to prior learning, something you did with some success in the past, so as make Strength more memorable.

Strength grows from proper nutrition, exercise, relaxation and sleep.

Recall a past personal challenge where you successfully used the skill of Strength, perhaps relating to exercise, diet, relaxation, or sleep. Work on answering the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences. Writing your responses will help you to better organize your thinking. Feel free to work individually or in collaboration with another person on this exercise.

Brief questions:

1. What was your challenge?
2. How was your challenge related to diet, exercise, relaxation and/or sleep?
3. What made you feel you were successful meeting the challenge?

Detailed questions:

1. What was your challenge?
2. How was your challenge related to diet, exercise, relaxation and/or sleep?
3. If it was a diet, how was it "healthy" and how did it fit your lifestyle.
4. If it was a physical exercise plan, how did it fit your lifestyle? Did it provide at least 2 hours and 30 minutes of moderate-intensity aerobic physical activity throughout the week.
5. If it was a relaxation exercise, how did it relax you and fit into your lifestyle?
6. If it was good sleep hygiene, then what methods did you use and how did this fit into your lifestyle?

Collaborate: Apply Strength to a current challenge

Objective: Completing this exercise with another person will encourage communication, empathy, and the ability to reach out while problem-solving a relevant challenge.

You are strongly encouraged to do this exercise with another person so that you become aware of how to work with people within a social support system, people who will work with you on real life challenges. Consider a challenge either you or perhaps someone you know has currently encountered.

Write the challenge in as much detail as necessary to allow you, and your associate, to answer the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences.

Brief questions:

1. What is your challenge?
2. How is your challenge related to diet, exercise, relaxation and/or sleep?
3. What is your goal?
4. What are the steps needed to reach your goal?

Detailed questions:

1. What is your challenge?
2. How does it relate to diet, exercise, relaxation and/or sleep.
3. Find and practice a healthy diet that fits your lifestyle yet lowers your health risks.
 - Consider researched diet plans such as MyPlate (<https://www.myplate.gov/>), Healthy Eating Plate (<https://www.health.harvard.edu/staying-healthy/healthy-eating-plate>), Mediterranean (example: <https://www.everydayhealth.com/mediterranean-diet/complete-mediterranean-diet-food-list-day-meal-plan/>), and DASH—Dietary Approaches to Stop Hypertension (<https://www.nhlbi.nih.gov/education/dash-eating-plan>).
4. Find and practice a physical exercise plan that fits your lifestyle and provides at least 2 hours and 30 minutes of moderate-intensity aerobic physical activity ideally spread evenly throughout the week.
5. Find and practice a relaxation exercise. Recognize that like any physical exercise, you will need to practice with these relaxation exercises to realize the results.
 - *Diaphragmatic Breathing* is a simple relaxation exercise of slow breathing with focus on movement of the diaphragm. Put one hand on your chest and the other on your stomach. Breathe so that the hand on your stomach moves up and down. Try to keep the hand on your chest from moving up and down. As you exhale, focus on the word “relax.” (example: <https://www.va.gov/WHOLEHEALTHLIBRARY/tools/diaphragmatic-breathing.asp>)
 - *Progressive Muscle Relaxation* (PMR) brings awareness of the body by focusing on slowly tensing and then relaxing muscle groups (example: https://www.va.gov/WHOLEHEALTH/Veteran-Handouts/docs/ProgressMuscleRelax_Final508_11-13-2018.pdf).
 - *Social Resilience Model* (SRM) uses stabilization skills to reduce and prevent the symptoms of stress. In its simplest form, SRM focuses on accessing the parasympathetic system through several processes (<https://www.thresholdglobalworks.com/about/social-resilience/>).
 - *Mindfulness-Based Stress Reduction* (MBSR) is the practice of bringing awareness to the present moment (example: <https://www.med.stanford.edu/content/dam/sm/pain/documents/mbsr.pdf>).
6. Practice good sleep hygiene by keeping a consistent sleep–wake schedule, exercising daily and eliminating long naps and naps within a few hours of bedtime.
7. How will you ensure that you have the belief to persist with the challenge?
8. Will you create a realistic goal to build the belief to meet the challenge? Describe your goal.
9. Is the goal reachable within a realistic time limit?
10. Describe the steps that are needed to reach your goal.
11. Do you have enough steps to mark your progress and build belief you can persist?





Own it: Reflecting on Strength





Objective: Completing this exercise will make the skills more understandable and therefore more workable for you.

1. You have applied the Strength skill to an instance that had occurred in your past. You have also applied the skill as group problem-based-learning to a current challenge. Now, reflect upon the skill. What is a word, words, or a phrase that best captures the idea of the skill of Strength. This is a good *oral*, or online, exercise in a group setting to determine if everyone is understanding the concept.
2. Reflect upon the skill of Strength and, in a few of your own words, summarize in *writing* what this positive coping skill means to you—how have you changed? You are attempting to adapt the meaning of the skill to something that is more useable and memorable to you. If you are working in a group setting, post your responses.

How am I doing?

Objective: Completing this assessment will provide opportunity to monitor progress, adjust your learning, develop self-efficacy, and improve self-esteem.

Learning Objectives				
Evaluate how well the learning objectives are working for you. Answer by checking only one response to each of the following objectives.	 Do not recall doing this	 Not useful exercise	 Useful	 Very useful
Relate a past challenge to the Strength resilience skill.				
Apply Strength, to a current challenge, with a member of your social support system.				
Redefine, in your own words, the meaning of Strength.				
Recognize the importance of developing personal resilience by using positive coping skills and social support system.				

Change of Behavior				
Evaluate how much you have changed. Answer by checking only one response to each of the following.	 Worsened	 No change	 Improved	 Much improved
Ability to apply positive coping resilience skills to personal challenges.				
Ability to reach out to a social support system to better deal with personal challenges.				
Ability to problem solve when dealing with personal challenges.				
Improvement of self-efficacy, the ability to persist in meeting a goal when dealing with a challenge.				
Improvement of self-esteem.				

Trust

Trust develops by using empathy to engage, reach out, and give support.

Flashcard

A Story to Tell: I learned trust as a toddler. Without it, I would not have survived. I learned, too, that my peers shape me to interact with the world as we perceive it. We become a community of one, trusting and sharing common values. If our values are honorable, we win. If our values are bad, we lose. As goes my peer group, so I go. Thus, I have learned to choose carefully with whom I want to spend time.

I learn of other people from other people. Empathy is the key that opens the lock into the lives of others. I walk the walk of another. I see through their eyes. Empathy is not sympathy. Empathy lets me understand what another experiences from their frame of reference. I suppress my beliefs so that I can interpret those of another. Then trust can develop by reaching out to engage and provide support. A challenging decision, trust. It is after all the substance of faith, a key to my inner self, my identity.

Support comes in many forms. As I face a challenge, I look to my strengths and weaknesses. Where I find need, I find experts to provide insight. Each has a role to play in meeting the challenge. As one, they form a system, a social support system to meet the challenge. Yet, each person is one I can reach out to. They are my social support system.

Why: Social support is considered one of the best protections from the effects of stress and suicide. Trust is foundational to all relationships, whether personal, professional or organizational.

How: Develop your social support system by identifying the challenge or challenges you may be facing. Consider people who would be helpful dealing with a challenge and the role each would play.

- Consider your challenge and identify your strengths and weaknesses to better identify your needs and the support you bring.
- Consider people who best meet your needs while assuring you are comfortable reaching out to them and they are comfortable reaching out to you.
- Identify those individuals in your support system, roles they play, and how to contact them.
- Identify also the contributions you make to help sustain your support system.

Example: 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 considering suicide.
- ☐ Recognize that I am now part of my friend's social support system and I have a role to play.
- ☐ Recognize 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.
- ☐ Do a personal welfare check to best encourage a positive outcome.

Hero's Journey: Trust



Tell your story: Recall a past Trust challenge

Objective: Completing this exercise will help to link this new learning to prior learning, something you did with some success in the past, so as make Trust more memorable.

Empathy is often described as putting aside one's own beliefs and instead "seeing through the eyes of another" or "walking in the shoes of another." It is important to understand that empathy is not the same as sympathy, rather it is a critical thinking skill to help give you insight. As an example, notice that every *A Story to Tell* segment that introduced every positive coping skill is written in the first person, I. By writing these in first person, you were encouraged to try to see through the "eyes" of the person writing a story and ask the question, "Just who is this person?" Maybe you were put off by the person, or maybe you wanted to reach out and get to know more about the person. This was intentional to encourage empathy and reading can be a very good way to practice empathy.

Empathy develops by seeking to understand what another being is experiencing from their point of view. Trust develops by reaching out to engage and provide mutual support. The ability to reach out and find social support can have an important influence on the ability to be resilient. When and where we reach out, the kinds of challenges we seek help, our attitudes and the attitudes of people offering help all impact us. Each person within our social support system plays a specific role, perhaps addressing a personal need, and forms a tight and supportive community. Trust is foundational to all relationships, whether personal, professional or organizational.

Recall a past personal challenge where you successfully used the skill of Trust or something similar to Trust, where you reached out for social support. Work on answering the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences. Writing your responses will help you to better organize your thinking. Feel free to work individually or in collaboration with another person on this exercise.

Brief questions:

1. What was your challenge?
2. What made you to reach out to others?
3. Did you keep the social support system following the challenge?

Detailed questions:

1. What was your challenge?
2. With regard to the challenge, what were your perceived strengths and weaknesses?

3. Did you use this understanding of strengths and weaknesses to better identify the individual or individuals in your social support system?
4. With regard to the challenge, what allowed you to reach out to others?
5. What do you think allowed them to reach out to you?
6. With regard to the challenge, did you use empathy as an aid to communication and critical thinking? Remember that empathy is not sympathy, rather it is being able to “see through the eyes” of another person and experience their “point of view.”
7. Did you keep the social support system following the challenge?
8. If so, what contributions did you make to sustain the support system over time?

Collaborate: Apply Trust to a current challenge

Objective: Completing this exercise with another person will encourage communication, empathy, and the ability to reach out while problem-solving a relevant challenge.

Consider a challenge either you or perhaps someone you know is facing as the motivation for developing a social support system. You are strongly encouraged to do this exercise with at least one person so that you become aware of how to work with people within a social support system, those people who will work with you on real life challenges. Write the challenge in as much detail as necessary to allow you, and your associate, to answer the following questions.

1. What is your challenge?
2. What are your perceived strengths and weaknesses? Consider your challenge and identify your strengths and weaknesses to better identify your needs.
3. Who meets your needs? Consider people who best meet your needs while assuring you are comfortable reaching out to them and they are comfortable reaching out to you.
4. What roles do they play? Identify those individuals in your support system, roles they play, and how to contact them. Some people may have significant roles in your social support system, while others may have more limited roles.

If you are working with a larger group of people, whether in person or online, this exercise can be richly explored. First, treat everyone's challenge anonymously by writing each challenge on a small piece of paper and then placing the papers into a hat or some container. Next, without reading the challenges, have each person in the group pick a challenge from the container. Everyone then pairs into smaller groups of two and each group will work with a picked challenge. By exploring someone else's challenge we have to “see through the eyes” of the person who wrote the challenge in order to understand what the person was trying to convey — that's empathy! Next, keep in mind that the person who wrote the challenge is reaching out to you to help solve the challenge — that's trust! Interpret the challenge to the best of your abilities, and write your responses to the questions above.

If you are working within a group environment, then consider posting your outcome with other groups' outcomes so that everyone can view the posted materials. Through this learning process, you can observe how social support systems apply positive coping skills to solve real life challenges.





Own it: Reflecting on Trust





Objective: Completing this exercise will make the skills more understandable and therefore more workable for you.

1. You have applied the Trust skill to an instance that had occurred in your past. You have also applied the skill as group problem-based-learning to a current challenge. Now, reflect upon the skill. What is a word, words, or a phrase that best captures the idea of the skill of Trust. This is a good *oral*, or online, exercise in a group or classroom setting to determine if everyone is understanding the concept. It can be helpful to have someone facilitate this exercise.
2. Reflect upon the skill of Trust and, in a few of your own words, summarize in *writing* what this positive coping skill means to you—how have you changed? You are attempting to adapt the meaning of the skill to something that is more useable and memorable to you.

How am I doing?

Objective: Completing this assessment will provide opportunity to monitor progress, adjust your learning, develop self-efficacy, and improve self-esteem.

Learning Objectives				
Evaluate how well the learning objectives are working for you. Answer by checking only one response to each of the following objectives.	 Do not recall doing this	 Not useful exercise	 Useful	 Very useful
Relate a past challenge to the Trust resilience skill.				
Apply Trust, to a current challenge, with a member of your social support system.				
Redefine, in your own words, the meaning of Trust.				
Recognize the importance of developing personal resilience by using positive coping skills and social support system.				

Change of Behavior				
Evaluate how much you have changed. Answer by checking only one response to each of the following.	 Worsened	 No change	 Improved	 Much improved
Ability to apply positive coping resilience skills to personal challenges.				
Ability to reach out to a social support system to better deal with personal challenges.				
Ability to problem solve when dealing with personal challenges.				
Improvement of self-efficacy, the ability to persist in meeting a goal when dealing with a challenge.				
Improvement of self-esteem.				

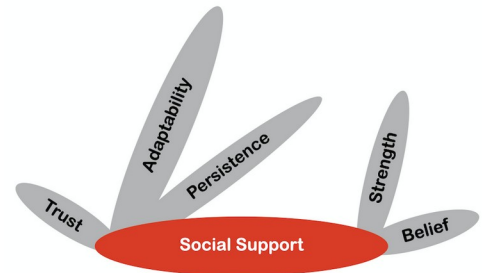
Adaptability

Adaptability is the flexibility to meet a challenge.

Flashcard

A Story to Tell: Surviving birth is heroic. Though to thrive meant that I needed to adapt. Adaptability became a belief where I learned about change. Adaptability is my Swiss Army knife, a “MacGyver” that comes up with solutions to challenges.

Support comes in many ways. It may be a close group of people who sustain me as I sustain them. It may be a mentor that guides me through a challenge. Or, it may be a real Swiss Army knife that provides support. Whatever the means, adaptability provides confidence and understanding that I can meet the challenge. There are times when I alter the challenge to make it more positive and workable. I have adapted. When I am unable to change the challenge, I change the way I perceive it. My perception is an expectation of success. My success is a reachable goal, a belief. As my attitude improves, the challenge becomes more manageable. I have adapted.



Challenges, both personal and as a community, may be intuitively simple or increasingly complex. If the challenge is complex, I research the challenge to determine if a skillful solution is already developed. Or, perhaps I can adapt the skillful solution to better meet the challenge. I discuss the challenge and a potential solution with others to be sure the idea is understood and can meet its intended purpose. I may find myself blending other skills to create an attainable goal. If what I adapt affects others, I may decide to include a definition about the skill, why the skill meets the challenge, and how the skill meets the challenge. We are after all a community of one.

Why: Those believing they have the ability to succeed are more likely to pursue a challenge as something to be mastered rather than as a threat to be avoided. Developing the skill to best adapt to a challenge gives you confidence and control. You are empowered — you own it!

How: Developing your skill can be a goal setting process that calls for planning, cooperation, persistence and control to fully define and develop.

- Consider your challenge and research the idea. Perhaps a skillful solution is already developed.
- Discuss the skill idea with others to assure the idea is understood and meets its intended purpose.
- Consider creating the skill as a goal that is reachable along with the steps needed to reach the goal.
- Steps may include a definition *About* the skill, *Why* the skill meets the challenge, and *How* the skill meets the challenge.

Example: Using the idea of “Who am I going to call when ...,” I want to adapt my social support system to include people who have abilities I may need. I will start with the simplest and move to the more essential members of my social support system. I will adapt my cell phone app to include these people.

- ☐ The challenge is to extend my social support system using my phone contact list. (*About...*)
- ☐ Preparing for the future shapes me to adapt to the unexpected. (*Why...*)
- ☐ Research my phone app and begin with the easier contacts moving to more complex. (*How...*)

- ☐ Consider services such as electricity, water, gas, plumber, and roadside assistance.
- ☐ Consider healthcare such as physician, dentist, and veterinarian.
- ☐ Consider emergency services such as police, fire, and poison control.
- ☐ Consider family, associates, and friends and the roles they play in the social support system.
- ☐ Consider In Case of Emergency (ICE) contact.

Hero's Journey: Adaptability



Tell your story: Recall a past Adaptability challenge

Objective: Completing this exercise will help to link this new learning to prior learning, something you did with some success in the past, so as make Adaptability more memorable.

Adaptability is the confidence and understanding to create and pursue a skillful outcome that best meets the challenge.

Using the definition of Adaptability from the flashcard, recall a past personal challenge where you successfully used the skill of Adaptability or something similar to Adaptability. Work on answering the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences. Writing your responses will help you to better organize your thinking. Feel free to work individually or in collaboration with another person on this exercise.

Brief questions:

1. What was your challenge?
2. Did you in any way do any research to see if a skillful solution had been already developed?
3. Did you talk with others to be sure the adapted skill was understood and could meet its purpose?
4. What was the adapted skill?

Detailed questions:

1. What was your challenge?
2. Did you in any way do any research to see if a skillful solution had been already developed?
3. Did you discuss the skillful solution to be sure the idea was understood and could meet its purpose?
4. Did you develop or consider creating the skill as a goal that is reachable along with the steps necessary to reach the goal?

5. What was your goal and what were the steps that were followed to meet the goal?
6. Did you give the skill a title, include a definition *About* the skill, *Why* the skill would meet the challenge, and *How* the skill would meet the challenge?

Collaborate: Apply Adaptability to a current challenge

Objective: Completing this exercise with another person will encourage communication, empathy, and the ability to reach out while problem-solving a relevant challenge.

You are strongly encouraged to do this exercise with another person so that you become aware of how to work with people within a social support system, people who will work with you on real life challenges. Consider a challenge either you or perhaps someone you know has currently encountered. Write the challenge in as much detail as necessary to allow you, and your associate, to answer the following questions. These questions are presented as both *brief* questions and as *detailed* questions depending upon your time limitations and preferences.

Brief questions:

1. What is your challenge?
2. Can you research the challenge to see if a possible solution already exists?
3. Can you talk with others to assure the adapted skill is understood and meets the intended purpose?
4. What is the adapted skill?

Detailed questions:

1. What is your challenge?
2. Consider your challenge and research the idea. Where might you look for potential solutions?
3. Discuss the skill idea with others to be sure the idea is understood and can meet its intended purpose. The skill idea or “sharing of a vision” may be considered a leadership process, especially if you intend to get help from others. To share your idea you “envision the future” through possibilities and “enlist others in the dream” by appealing to shared goals. These people play an important role in providing you with perspective as to whether you appear to be on the right track.
4. Do you want to create the skill as an attainable goal along with the steps to reach the goal?
5. What is the goal and what are the steps?
6. If you intend to share the skill with others, how will you make the skillful solution more understandable? Will you create a definition *About* the skill, *Why* the skill meets the challenge, and *How* the skill meets the challenge?

If you are working within a group environment consider posting your outcome with other groups’ outcomes. Through this learning process, you can observe how social support systems apply positive coping skills to solve real life challenges.

Own it: Reflecting on Adaptability

Objective: Completing this exercise will make the skills more understandable and therefore more workable for you.





1. You have applied the Adaptability skill to an instance that had occurred in your past. You have also applied the skill as group problem-based-learning to a current challenge. Now, reflect upon the skill. What is a word, words, or a phrase that best captures the idea of the skill of Adaptability. This is a good *oral*, or online, exercise in a group or classroom setting to determine if everyone is understanding the concept. It can be helpful to have someone facilitate this exercise.





2. Reflect upon the skill of Adaptability and, in a few of your own words, summarize in *writing* what this positive coping skill means to you—how have you changed? You are attempting to adapt the meaning of the skill to something that is more useable and memorable to you. If you are working in a group setting, post your responses.

As you complete this exercise, reflect for a moment on the process you have just completed whereby you had the challenge of coming up with a word, words, or a phrase that best captured the idea of Adaptability. You reinterpreted the skill into your own words. You are practicing Adaptability.

How am I doing?

Objective: Completing this assessment will provide opportunity to monitor progress, adjust your learning, develop self-efficacy, and improve self-esteem.

Learning Objectives				
Evaluate how well the learning objectives are working for you. Answer by checking only one response to each of the following objectives.	 Do not recall doing this	 Not useful exercise	 Useful	 Very useful
Relate a past challenge to the Adaptability resilience skill.				
Apply Adaptability, to a current challenge, with a member of your social support system.				
Redefine, in your own words, the meaning of Adaptability.				
Recognize the importance of developing personal resilience by using positive coping skills and social support system.				

Change of Behavior				
Evaluate how much you have changed. Answer by checking only one response to each of the following.	 Worsened	 No change	 Improved	 Much improved
Ability to apply positive coping resilience skills to personal challenges.				
Ability to reach out to a social support system to better deal with personal challenges.				
Ability to problem solve when dealing with personal challenges.				
Improvement of self-efficacy, the ability to persist in meeting a goal when dealing with a challenge.				
Improvement of self-esteem.				