

TEN SKILLS AND ATTITUDES THAT CAN HELP BUILD RESILIENCE

Connect/Communicate with Others



Share your thoughts with others. support and caring are one of the primary factors in resilience Relationships that can provide

Be Rexible

Problem Solve



of thinking about and responding to both familiar and novel The ability to consider new ways situations

Manage Strong Feelings



confront and manage obstacles that might prevent you from moving forward with your goals. The belief in your ability to

Self-Contidence



way of managing emotions is a key component of this skill. The ability to use thinking as a

Problem solve both individually

and with others. Make realistic plans and take action to carry

them out.

Care for Others



emotional needs. Eat regularly, Take care of your physical and exercise, play games/a sport. your best.



Appreciate and use Humor

See the Big Picture

Find the Purpose and

Meaning in life



Being your best requires feeling

powers. Find the humor when you might otherwise be left with negative thoughts and/or

Laughter may have healing

Look beyond the immediate

situation with optimism.

find meaning in it is critical. If one is to be able to manage the

feelings that are aroused in a

Being able to make sense out

of what is happening and to

Positivity encourages better Consider the impact before locking in your response.

outcomes.



volunteer activities that involve learned, share your skills with caring for others can often build resilience. others. Occupations and Practice what you have





Peak Exercise Experience #1 Before 6th Grade

For each exercise, jot down 1 - 3 experiences. This might be a time you felt very alive and fulfilled or very successful and proud of whom you were. It could be a major event or it could simply be a memory that brings you to a happy time.

H

lere are the questions to answer for each peak experience: 1. What made this experience so memorable?				
2.	How did you feel?			
3.	What was important to you about this - particularly how it made you feel?			
4.	What needs were being met?			





Peak Exercise Experience #2 6th Grade to High School Graduation

For each exercise, jot down 1 - 3 experiences. This might be a time you felt very alive and fulfilled or very successful and proud of whom you were. It could be a major event or it could simply be a memory that brings you to a happy time.

H	ere	are	the	questions	to	answer	for	each	n peak	experi	ence:
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1.	What made this experience so memorable?		
2.	How did you feel?		
3.	What was important to you about this - particularly how it made you feel?		
4.	What needs were being met?		





Peak Exercise Experience #3 Early 20's to Present

For each exercise, jot down 1 - 3 experiences. This might be a time you felt very alive and fulfilled or very successful and proud of whom you were. It could be a major event or it could simply be a memory that brings you to a happy time.

H

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