



BREAK THE CYCLE

Resilience

What is Resilience?

Often, people have a wrong idea of what resilience is. They think resilience means that you're unaffected by the problems of life or you go through life always with a smile on your face, even when faced with challenges.

But that's not resilience.

Resilience is the ability to handle life's ups and downs in positive ways. It is being able to 'bounce back' after suffering a setback, disaster or tragedy such as the death of a loved one, parents' divorce, an illness or other trauma.

Resilience doesn't make problems go away. It helps one to see past the problems and still enjoy life and handle stress better. Lack of resilience impacts a person negatively. When faced with challenges, such a person may:

- Feel overwhelmed
- Feel victimized
- Adopt unhealthy coping mechanisms, such as substance abuse
- Dwell on problems for long periods
- Be unable to move past the setback and achieve goals or do things they previously enjoyed.

Being resilient on the other hand, helps a person in many different ways. Such a person:

- Manages life's pressures, challenges and stresses effectively.
- Is better protected from various mental health conditions, such as depression and anxiety.
- Can cope better if they have an existing mental health condition.
- Can adapt successfully to adversity.
- Can bounce back after a major setback and carry on with fulfilling their life goals.

Resilience is a learned ability that can be learned by anyone. If you're not as resilient as you would like to be, there are ways you can build your resilience.

Note to teacher: There are many tools available through which students can learn more about

resilience and how to be resilient. A couple include:

- [Building Resilience](#) [video]
- [Resilience Training Tool for Youngsters](#) [Manual]

Discussion Question: When something goes wrong, do you tend to bounce back or fall apart?

Exercises to do with your class

1. How resilient are you?

Tool: **Resilience Self-evaluation from the Resilience Project.**

2. Hope

Hope plays a key role in resilience. Help students realize the importance of remaining hopeful:

- You can't change the past, but you can always look toward the future.
- Being hopeful makes it easier to accept change, which in turn makes it easier to adapt and be less anxious.

Tool: **Hope Worksheet from "Teen Resiliency Building Workbook" by John J. Liptak, Ed.D. & Ester R. A. Leutenberg.**



Self-Evaluation: Resilience

Perception	total:										
I believe that my life is meaningful and worth living.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
I notice new and positive things more often than negative and well-known things.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
I am aware of my feelings without allowing them to control me.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
Getting a grip of one's life	total:		q	c							
I believe that I can influence my life situation and am not a victim of the circumstances.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
I approach things (pleasant and unpleasant) and take action.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
I set clear priorities for my life.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
Forming relationships	total:		q	c							
I have at least one person in my life with whom I can share everything – the good and the bad.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
I make time for the people that are important to me.	q	c									
	1	2	3	4	5	6	7	8	9	10	
I have faith in others and I can rely on their support when I need it.	q	c									
	0	1	2	3	4	5	6	7	8	9	10
Acceptance and optimistic thinking (confidence in future)	total:		q	c							
I look forward to a bright future and know I can handle difficulties	q	c									
	0	1	2	3	4	5	6	7	8	9	10

I evaluate my experiences and learn from mistakes as well as successes.	q	c								
	0	1	2	3	4	5	6	7	8	9
I adapt flexibly to change and easily accept the unchangeable.	q	c								
	0	1	2	3	4	5	6	7	8	9
Orientation on solutions and aims	total:		q	c						
I prefer finding solutions to searching for mistakes and someone to blame.	q	c								
	0	1	2	3	4	5	6	7	8	9
I am aware of my visions and prepared to fulfill my own wishes	q	c								
	0	1	2	3	4	5	6	7	8	9
I have goals for my life and they are consistent with my values.	q	c								
	0	1	2	3	4	5	6	7	8	9
Healthy lifestyle	total:		q	c						
I am important to myself and I take good care of myself.	q	c								
	0	1	2	3	4	5	6	7	8	9
I am in touch with my body and feel what's good for me and what's not.	q	c								
	0	1	2	3	4	5	6	7	8	9
In a difficult situation, I put my own health before the expectations of others.	q	c								
	0	1	2	3	4	5	6	7	8	9
Self-efficacy	total:		q	c						
I know what I am capable of and am confident in myself.	q	c								
	0	1	2	3	4	5	6	7	8	9
I can rely on my own abilities and resources in difficult times.	q	c								
	0	1	2	3	4	5	6	7	8	9
I believe in myself.	q	c								
	0	1	2	3	4	5	6	7	8	9

Analysis of the questionnaire

There are two different ways to fill in and evaluate the resilience test.

Numerical Analysis

Next to each statement you will see a scale from 0 to 10. If you decide to use this system, select the number that fits your current situation best.

0 stands for: does not apply to me at all

10 stands for: I fully agree

You can enter the total sum of points for the three questions in this category next to each heading. So as a result, you get a total of 0 to 30 points for each of the seven categories.

0-10 points:

You still have a lot to discover and learn in this category. If you feel you are ready for change, you have already taken the first step towards becoming more resilient. You can find the appropriate exercises to work on this category in the selection box.

11-20 points:

You rank in the midrange in this category. If you want to improve your resilience, pick one of the statements that seem especially important to you and ask yourself the following questions

- In what things am I successful in my life, why did I pick this number?
- What would it take to reach a higher number of points?
- How would this improve my life?
- Which actions would I have to take to achieve this?

21-30 points:

You are already an expert in this category! Surely you are satisfied with yourself in these areas and often experience empowering events. These are your strengths and resources and you can use them to compensate for other, weaker areas.

Intuitive Analysis

If you prefer an intuitive approach to the self-evaluation questionnaire, you can use the green laughing smiley and the red smiley (not fully satisfied) with the curious face.

☺ The green smiley means: 'everything is going well in this area, I'm happy with myself.'

🤔 The red smiley means: 'I am not fully satisfied at the moment. I want to improve in this area to lead a more positive life.'

Mark the appropriate smiley next to each statement.

Additionally, you can either pick a green or red smiley for each category.

Complete the evaluation by looking at all seven categories. Be happy about your green smiley categories, but also excited about working on the red smiley categories. Pick a statement from one of the categories that you want to improve at the moment. Then search the selection box for an appropriate exercise.

No matter which analysis you choose, we wish you joyful and enriching experiences with the self-evaluation questionnaire!

The Project Team

For further information please visit our project-website:

www.resilience-project.eu





hope

Hope can be described as a mindset consisting of a positive view of the future for yourself and others. Remaining hopeful over the course of your life is at the core of resiliency and the ability to bounce back while facing problems and the stress that goes along with those problems. Having hope will guide you with resiliency while you achieve your goals and dreams.

Respond to the following questions to identify your hope patterns:

What does this quote by Emily Dickinson mean to you?

"Hope is the thing with feathers."

What happened in your life that caused you to stop hoping?

Where do you believe your sources of hope, or lack of hope, come from?

How has your environment affected the amount of hope you currently have?

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hope *(Continued)*

Where do you look for hope in your life?

What are three things you hope for?

1.

2.

3.

How have your hopes changed as you have grown up?

How has hope, or a lack of hope, affecting the decisions you have made?

What needs to happen before you have more hope in your life?
