

RESILIENCE!

Three Keys to Getting Your Bounce Back and Keeping It!

"Resiliency is the capacity to spring back, rebound, and successfully adapt in the face of adversity."

1. The Personal Factor: Qualities of a Resilient Person

- Giving of self in service to others and/or a cause
- Good life skills, including decision making, assertiveness, impulse control, and problem solving
- Sociability; ability to be a friend; ability to form positive relationships
- Sense of humor
- Internal focus of control
- Autonomy/independence
- Positive view of one's personal future
- Flexibility
- Capacity and desire for learning
- Self-motivation
- Personal competence
- Feelings of self-worth and self-confidence

2. The Group Factor: Qualities of a Helpful "Bounce Back" Group

- Promotes close bonds among employees
- Values and encourages learning
- Uses high warmth/low criticism
- Sets and enforces clear boundaries (i.e., rules/norms)
- Encourages supportive relationships
- Promotes shared responsibilities, service to others
- Provides access to resources to meet basic needs such as housing, employment, health care, and recreation
- Expresses high, but realistic, expectations for success
- Encourages goal setting and mastery
- Encourages social values such as altruism, social responsibility, community orientation, selflessness, volunteerism, compassionate service
- Encourages life skills such as cooperation and flexibility
- Provides opportunities for leadership and decision making, as well as other meaningful participation in the organization
- Appreciates the unique talents and worth of each individual

3. The Friendship Factor: Find Bounce Back Friends with these Qualities:

- Give encouragement
- Provide support
- Show acceptance of who you are
- Give helpful criticism when asked
- Promote mentoring relationships
- Challenge you to do your best
- Appreciate you
- Adept at both empathy and listening skills
- Share experiences and feelings