



WHAT IS RESILIENCE?

This module is one of eight skill-based modules designed to increase your resilience. Resilience is:

- The ability to adapt and recover after adversity or stress.
- Recovering from both major and minor stressors.
- Larger than just dealing with stress. Resilient people also have a strong sense of well-being and purpose.

Resilience is not:

- Only focused on trauma or adversity.
- Being happy.
- A skill some people just have. You can be resilient professionally but feel less resilient in your personal relationships. Or, you can go through times in your life where you feel less resilient than other periods.



HOW SHOULD I CELEBRATE GOOD NEWS?

- Be engaged and interested.
- Ask questions, by seeking additional details about the event or asking why the event is meaningful.
- Express excitement and enthusiasm about the positive news.
- Show authentic interest and support.

If it's hard to celebrate the news because it's something you don't like or approve of, focus on the value of the relationship or the person sharing the news with you.

WHAT SHOULD I AVOID DOING?

When someone shares good news, avoid:

- **Squashing:** Pointing out problems or providing negative feedback.
- **Shutting Down:** Responding with low energy; not caring or being distracted.
- **Stealing:** Focusing on yourself; ignoring the event.

REMEMBER

- Celebrate the news because you care about the person and your relationship with that person, not necessarily the news. For example, your friend may tell you that her son won an award at school. You may not care about the award, but you care about your friend.
- If your opinion of the news can't undo the news, then your negative response (because you don't like or approve of the news) will only harm the relationship.
- Being there for someone when they share good news can be a gateway conversation in the relationship. If the person trusts you to celebrate good news with them, they may also trust you when they need to talk about something more difficult.
- If the news they share is dangerous, do NOT celebrate.
 - It's okay to express your concern about something that may hurt the person.
 - If the news isn't dangerous, but you still have concerns, you could first celebrate to build positive emotions and then consider the value of discussing concerns later.

HOW DOES CELEBRATING GOOD NEWS HELP ME BE MORE RESILIENT?

- This skill builds, strengthens, and maintains important relationships which can help you get through tough or challenging circumstances.



RESILIENCE

MY NOTES



Spouse Resiliency
TOOLKIT

WHAT IS YOUR RESILIENCE ACTION PLAN (RAP)?

You are more likely to change your behavior if you commit to taking action now. Consider creating a RAP to help you become more resilient. Start now with actions you can take to Celebrate Good News with your friends and family. Based on what you learned today, think about what you should start doing, stop doing, and continue doing.

START DOING	STOP DOING	CONTINUE DOING