



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.



LOOK FOR THE GOOD

Focus on something good that has happened in the last 24 hours.

- What about this example makes you feel good?
- How did you contribute to the good thing that happened?
- What did others contribute?
- Why is it meaningful?

SENTENCE SHIFTERS

The next time you find yourself saying, "I have to..." change your language to "I get to..." For example, your child just made the travel soccer team, and your first reaction is "I have to drive to practice three times a week. I don't have time for that." You can shift your thinking from "I have to..." to "I get to see my child doing something that she loves."

HOW DOES A GRATITUDE PRACTICE HELP ME BE MORE RESILIENT?

- Cultivating gratitude allows you to think about what went right.
- Appreciating things in your life helps build positive emotions.
- Having positive emotions fuels resilience.



HOW TO DEVELOP A GRATITUDE PRACTICE

Today you tried two strategies for developing a gratitude practice: **Look for the Good** and **Sentence Shifters**. However, there are many other strategies you can use to incorporate gratitude into your life. It's important that you find one that works for you and one that you will use on a regular basis. The following list provides additional ideas for how to integrate a gratitude practice in your life.

VISUAL GRATITUDE JOURNAL

If you're a reluctant writer, keeping a photo or video gratitude journal might be a good alternative. Take photos of everyday moments that make you feel grateful. Store those images on your phone, and you can review them during stressful times.

STATE WHAT YOU APPRECIATE

During family meals or other together time, ask everyone in the family to state something that they are thankful for. Ask your family members follow-up question about why they are grateful for those things. For example, if your child is grateful for the family dog, it might be helpful to ask what about the dog makes you grateful.

GRATITUDE JAR

Whenever you feel grateful, write it on a slip of paper and put it in a jar. Keep the jar somewhere you see daily. At the end of the week, month, or year, empty the jar and review what you wrote.

GRATITUDE ROCK

Place a meaningful rock somewhere you will see it throughout your day. This rock might have special beauty or meaning connected with a special place. Whenever you see it, pause to think about at least one thing you are grateful for.

GRATITUDE LETTER

Write a letter, email, or text of thanks to someone you are grateful to have in your life. Be detailed and let them know how they personally have affected your life for the better.

WHAT'S YOUR RESILIENCE ACTION PLAN (RAP)?

You are more likely to change your behavior if you commit to taking action now. Consider creating a Resilience Action Plan (RAP) to help you become more resilient. You can start now with actions you'll take to integrate gratitude into your life. Based on what you learned today, think about what you should start doing, stop doing, and continue doing to develop a gratitude practice.

START DOING	STOP DOING	CONTINUE DOING