

A photograph of a woman sitting at a desk in an office environment. She is wearing a yellow sweater over a teal t-shirt and jeans. She is leaning forward with her head in her hands, appearing stressed or overwhelmed. On the desk in front of her is a laptop and some office supplies. The background shows a window with a view of trees.

Cultivating Resilience

WORKBOOK



Cultivating Resilience Workbook

"Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors." – American Psychological Association

Cultivating resilience can be broken down into the following categories:

- Defining stress/Identifying four types of stress
- Identifying types of resilience
- Seven Cs of resilience
- Identifying what isn't resilience

Defining Stress/Identifying Four Types of Stress

Defining Stress

- Normal body reaction when change occurs - helps body adjust to new situation
- The body's response to pressure - something new, unexpected, threatens your sense of self, and/or have little control of
- Nonspecific response to anything that requires change, attention, and action

Four Types of Stress:

Acute: short term stress, traditional day to day stress, continuing response to a one-time stressor

Episodic: when acute stress happens frequently or is experienced over an extended period

Chronic: long period of time, ongoing trauma

Eustress: fun and exciting, positive stress, enhances your function, short term, within our coping ability, increased performance and focus

(See the Tip Sheet for examples/explanations of the types of stress)

How do you personally define stress? In the space below, please provide your definition of stress:

Definition of Stress:

Of the four types of stress, which one do you feel you experience the most? Identify the type of stress and explain how you experience it:

Type of Stress: _____



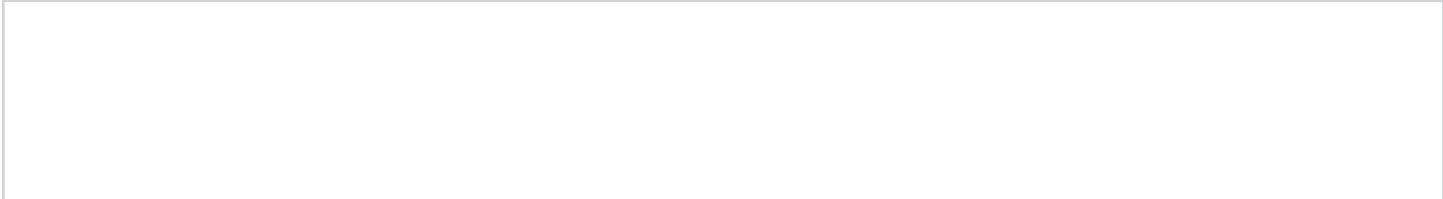
Identifying Types of Resilience

- Psychological/Mental Resilience
- Emotional Resilience
- Physical Resilience
- Community/Social resilience

(See the Tip Sheet for examples/explanations of the types of resilience)

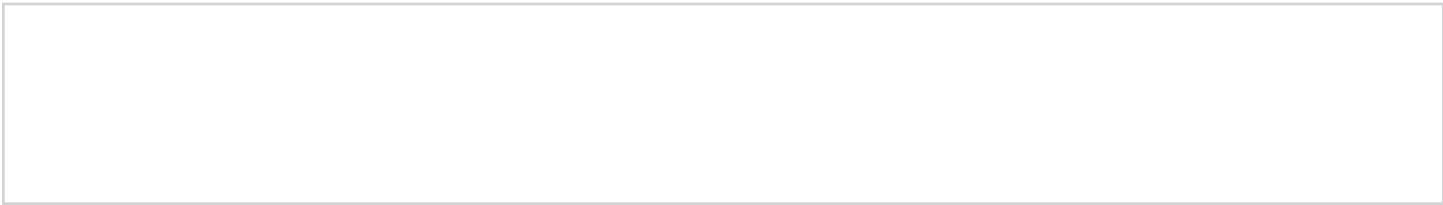
Choose one type of resilience that you feel you have in the greatest quantity and explain why:

Resilience Type: _____



Choose one type of resilience you would most like to improve upon and explain why:

Resilience Type: _____



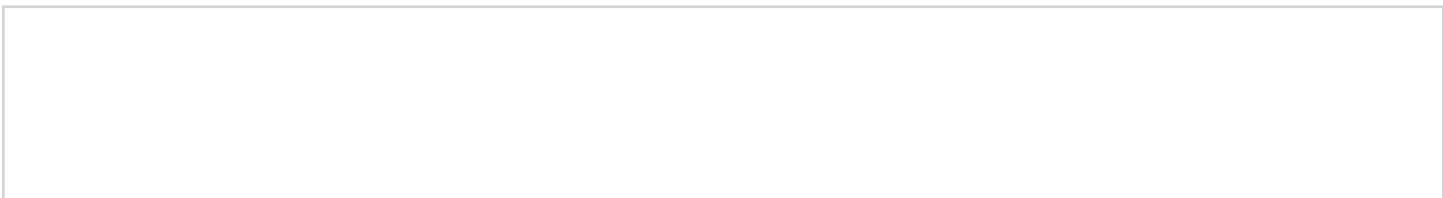
Seven Cs of Resilience

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

(See the Tip Sheet for examples/explanations of the seven Cs of resilience)

Choose two of the seven Cs of resilience that are most relevant to you and explain why:

C 1: _____



C 2: _____

Identifying What Isn't Resilience

- Avoidance
- Toxic Positivity

(See the Tip Sheet for examples/explanations of avoidance and toxic positivity)

Choose one form of avoidance that you feel have the greatest impact on lowering resilience and explain why:

Form of Avoidance: _____

Is there anything else you can think of that falls into the category of what isn't resilience; if so, please identify and explain below:

What Isn't Resilience: _____

Resilience Inventory Activity

Rate yourself from 1 to 5 (1 = strongly disagree; 5 = strongly agree):

- ____ I'm usually optimistic. I see difficulties as temporary and expect to overcome them
- ____ Feelings of anger, loss and discouragement don't last long
- ____ I can tolerate high levels of ambiguity and uncertainty about situations
- ____ I adapt quickly to new developments. I'm curious. I ask questions
- ____ I'm playful. I find the humor in rough situations and can laugh at myself
- ____ I learn valuable lessons from my experiences and from the experiences of others
- ____ I'm good at solving problems. I'm good at making things work well
- ____ I'm strong and durable. I hold up well during tough times
- ____ I've converted misfortune into good luck and found benefits in bad experiences

____ **Total score**

Convert your scores with the following key:

Less than 20: Low Resilience — You may have trouble handling pressure or setbacks and may feel deeply hurt by any criticism. When things don't go well, you may feel helpless and without hope. Consider seeking some professional counsel or support in developing your resiliency skills. Connect with others who share your developmental goals.

10-30: Some Resilience — You have some valuable pro-resiliency skills, but also plenty of room for improvement. Strive to strengthen the characteristics you already have and to cultivate the characteristics you lack. You may also wish to seek some outside coaching or support.

30-35: Adequate Resilience — You are a self-motivated learner who recovers well from most challenges. Learning more about resilience, and consciously building your resiliency skills, will empower you to find more joy in life, even in the face of adversity.

35-45: Highly Resilient — You bounce back well from life's setbacks and can thrive even under pressure. You could be of service to others who are trying to cope better with adversity.

Al Siebert, PhD founded The Resiliency Center in Portland, Oregon, and developed a quick resilience test. Quiz adapted from The Resilience Advantage (2015).