

Resiliency

What is Resiliency?

Resiliency is the ability to bounce back, recover, and progress forward in the face of adverse situations.

Think of someone resilient in your life. Now, take a minute to write a few sentences about them and why they embody resiliency to you.

Resiliency Tools

Physical

Nutrition

Mental & Emotional

Stress

Social

People

What is not Resiliency?

- Resilient people are **not always happy**. Dealing with situations isn't always going to be easy and may sometimes be stressful and hard.
- Resiliency does **not look the same** for everyone. You may handle something differently than your resilient role model, but that does not make you any less resilient than them.
- Resiliency is **not something you're born with**, in order to be resilient one must work on that skill throughout life in different adverse situations.

Why is Resiliency Important?

Life can be really challenging, and it is important to be able to continue to progress forward even when things are hard.

Take a moment to reflect and write about a challenging time in your life. How did you overcome the challenge? What did you learn about yourself through the process?

