

# 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?

