

# 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. Take a minute to write a few sentences about them and why they embody resiliency to you.

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## What is Resiliency not?

- 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, it is important to be able to continue to progress forward even when things are hard.

## Resiliency Tools



