


Building Resilience

Created by
Lindy Henry
Arvin Mosley, Jr.





"Resilience is the strength and speed of our response to adversity — and we can build it. It isn't about having a backbone. It's about strengthening the muscles around our backbone."

-Sheryl Sandberg





Building Resilience

01.

What do you hope to get out of this learning blast?

02. PERMISSION SLIP

To be fully present, and to take care of myself, I give myself permission to...

Brief Resilience Scale (BRS)

Respond to each statement below by circling <u>one</u> answer per row.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I tend to bounce back quickly after hard times.	1	2	3	4	5
I have a hard time making it through stressful events.	5	4	3	2	1
It does not take me long to recover from a stressful event.	1	2	3	4	5
It is hard for me to snap back when something bad happens.	5	4	3	2	1
I usually come through difficult times with little trouble.	1	2	3	4	5
I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

BRS Scoring: Add the value (1-5) of your responses for all six items, which should total 6-30; then divide the sum by the number of questions answered (6) for your final score.

BRS Score	Interpretation
1.00 – 2.99	Low Resilience
3.00 – 4.30	Normal Resilience
4.31 – 5.00	High Resilience

Total Sum:

Final BRS Score (Total Sum/6) :

Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.

Define Resilience

04.

What is your definition of resilience?

05.

What are some misconceptions of resilience?

06.

What are 2 types of resilience? How have they impacted you?

Ways you can build resilience



A time I was resilient...

Supporters

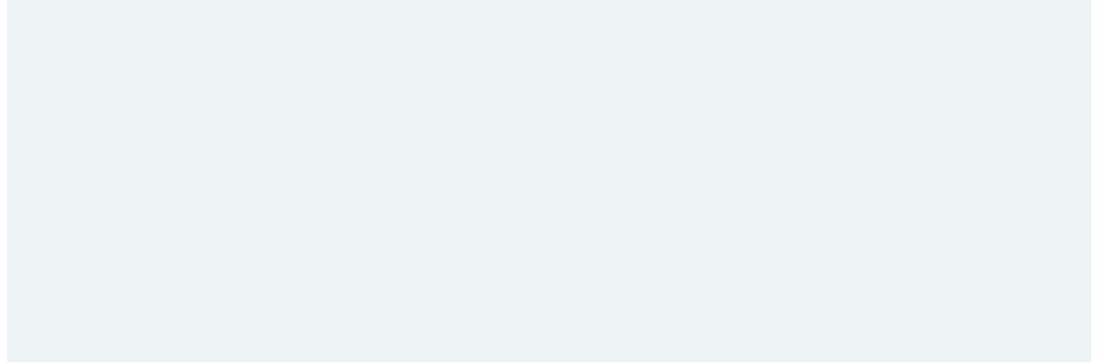
Strategies

Sagacity

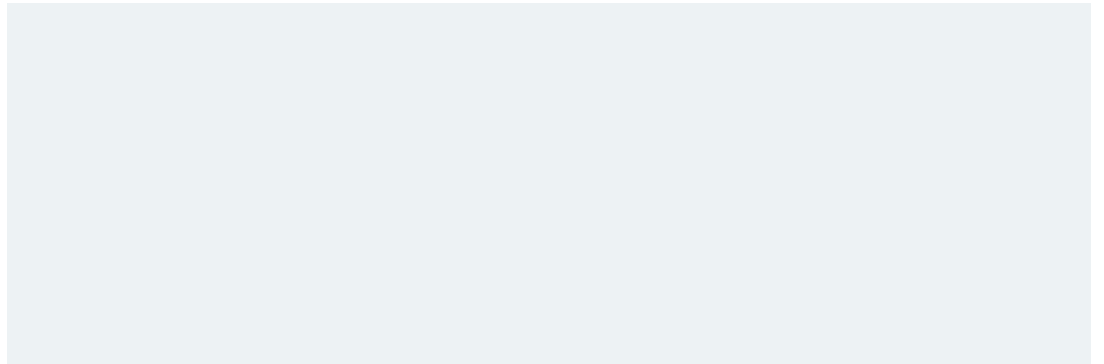
Solution Seeking
Behavior

Resilience Plan

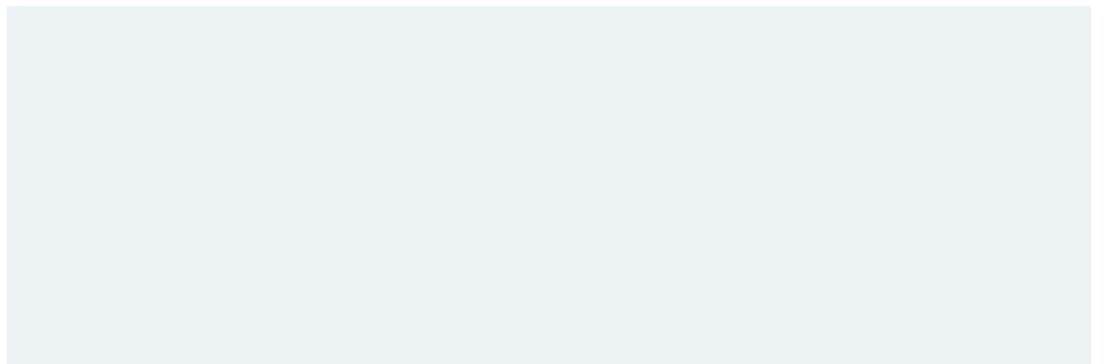
Start



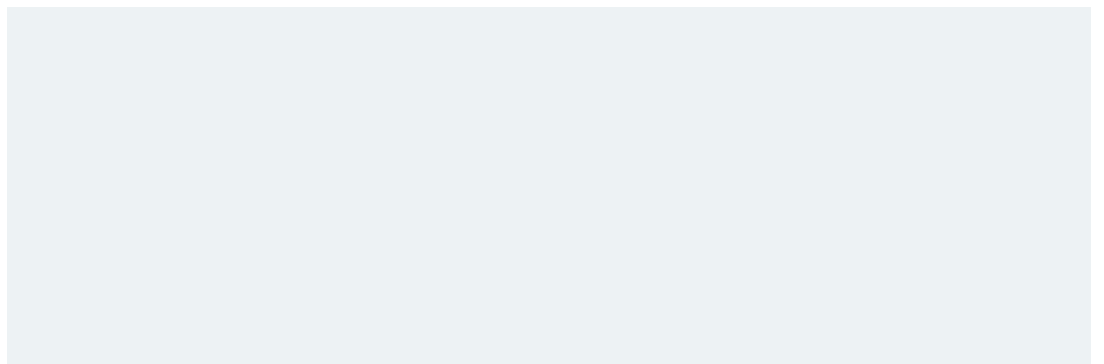
Stop



Keep



L!G!B!





Sources

Articles and Websites

Brief resilience scale. 2008.

<https://gozen.com/wp-content/uploads/BRS.pdf>

Building your resilience. 2020.

<https://www.apa.org/topics/resilience/>

History of Resilience. 2021.

<https://resilienceproject.eu/the-history-of-resilience/>

How To Measure Resilience With These 8 Resilience Scales. 2016.

<https://positivepsychology.com/3-resilience-scales/>

Master Your Mindset. Henderson, Collin.

<https://www.thecollinhenderson.com/master-your-mindset>

Permission Slips.

https://brenebrown.com/wp-content/uploads/2021/09/Integration-Ideas_Permission-Slips_092221-1.pdf

Resilience-building resources on Option B

<https://optionb.org/build-resilience>

Resilience Exercises

<https://positivepsychology.com>

Resilience Is About How You Recharge, Not How You Endure. 2016.

<https://hbr.org/2016/06/resilience-is-about-how-you-recharge-not-how-you-endure>

Resilience Myths. 2020.

<https://www.fastcompany.com/90547087/these-5-myths-about-resilience-might-be-hurting-your-ability-to-cope>



Sources

Articles and Websites *continued...*

Resilience Trends. 2021.

<https://www.mequilibrium.com/resources/predictions-2022>

Seven Types of Rest. Dr. Sandra Dalton-Smith. TEDX Talk Atlanta. 2021.

<https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>

The Resilience Center

<https://www.resiliencecenter.com/articles/healthy-and-resilient-aging/four-myths-about-resilience/>

The Secret to Building Resilience. 2021.

<https://hbr.org/2021/01/the-secret-to-building-resilience>

The Trauma Stewardship Institute. Tips for Managing One's Day. 2021.

<https://traumastewardship.com/wp-content/uploads/2021/09/map-for-managing-ones-day.pdf>

Books

Brown, B. (2018). [Dare to Lead.](#)

Leaf, C. (2021). [Cleaning Up Your Mental Mess.](#)