



Building Resiliency

AN APPROACH TO STRESS MANAGEMENT

Understand the difference between trying to manage stress and building resilience.

STEP 1: The Starting Point ▶

STEP 2: Adaptation ▶

STEP 3: Recovery and Living ▶

introduction

Have you ever seen those before and after advertisements that show dramatic changes in the person's physical appearance or size? While most of them are probably not based on a person's actual experience or results, they are based on an underlying truth: We can change. With the right steps and effort, we can dramatically change every aspect of ourselves whether they are physical, mental or emotional.

In this 3-step approach for dealing with stress through building resiliency, our objective is to help you create or build a more resilient mindset for addressing stress and stressful life events more effectively.

step 1: THE STARTING POINT. Understand the difference between trying to manage stress and building resilience. Do a self-assessment to see where you stand.

step 2: ADAPTATION. Do the work needed to change.

step 3: RECOVERY AND LIVING. What comes after: tips and techniques for staying strong.

How Resilient Are You?

Dr. Al Siebert, PhD, founder of The Resiliency Center in Portland, Oregon, developed a short survey to measure resiliency characteristics. After reading each statement, rate yourself on a scale from 1 to 5 regarding how strongly you agree with the statement.

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

RESILIENCY STATEMENT	SCORE: (1 TO 5)
I'm usually optimistic. I see difficulties as temporary and expect to overcome them.	<input type="text"/>
Feelings of anger, loss and discouragement don't last long.	<input type="text"/>
I can tolerate high levels of ambiguity and uncertainty about situations.	<input type="text"/>
I adapt quickly to new developments. I'm curious. I ask questions.	<input type="text"/>
I'm playful. I find the humor in rough situations and can laugh at myself.	<input type="text"/>
I learn valuable lessons from my experiences and from the experiences of others.	<input type="text"/>
I'm good at solving problems and making things work well.	<input type="text"/>
I'm strong and durable. I hold up well during tough times.	<input type="text"/>
I've converted misfortune into good luck and found benefits in bad experiences.	<input type="text"/>
Add up your total here: <input type="text"/>	

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What your score means:

Fewer 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 professional counseling or support in developing your resiliency skills. Connect with others who share your developmental goals.

20–30: Some Resilience — You have some valuable pro-resiliency skills but also 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 help others who are trying to cope better with adversity.





12. WRITE IT DOWN. When it comes to reaching goals, such as increased resilience, it helps to record your goals and actions. Some people keep a journal or diary or use an app, but a list on paper can help. When you write down a goal, you make it more tangible — something you can put energy into, review and refer to over time.

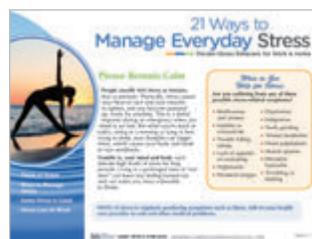
13. CONNECT WITH NATURE. There is a growing awareness of nature’s power to heal us and support our well-being. Today some physicians are writing prescriptions for spending more time in nature. While it may not be scientifically clear why being in nature is so powerful, we know it works. And we can see how nature perseveres and rebounds with the changing seasons, regrowth after trauma, etc. We see we are a part of nature and have potential to grow and change.

14. KEEP YOUR SENSE OF HUMOR. Dealing with tough times and challenges isn’t easy, but finding humor and even laughing at ourselves can help defuse negativity. Use laughter and good humor as effective tools for facing adversities. 9

15. TREAT YOURSELF AND OTHERS GENTLY. Life can be difficult sometimes. Beating yourself or anyone else up over a setback doesn’t help anything. Learning to treat yourself and others kindly provides a better environment for growth and change. 10



9 *Read more about finding humor.*



10 *Read more about managing daily stress.*

Resources At a Glance

The following list recaps the highlighted links throughout this toolkit.

LINK TO PERSONAL BEST RESOURCE:

- 1 [QUIKQuiz: Stress Myths or Facts](#)
- 2 [Real-World Stress Relief](#)
- 3 [Managing Life's Transitions](#)
- 4 [Say No to Negativity](#)
- 5 [Mastering Mindfulness](#)
- 6 [Ready Set Goal](#)
- 7 [Be Stress Free: Well-Being Strategies](#)
- 8 [Q: How can I adapt to rapid change?](#)
- 9 [Humor on the Job](#)
- 10 [21 Ways to Manage Everyday Stress](#)
- 11 [5 Ways to Foil Sleep Thieves](#)
- 12 [Walking for Better Health](#)

ADDITIONAL RESOURCES:

- [Calming Techniques](#)
- [Think Positive](#)
- [Coping Skills \(quiz\)](#)
- [What Went Well Today?](#)