

Self-Care Activity

Resiliency

Researchers have found that humans are born with an “innate self-righting ability”; in other words, the ability to “bounce back” from adversity or trauma. This innate resiliency can be helped or hindered, and there are things you can do to bolster your own resiliency.

Take the resiliency quiz below by answering “yes,” “no,” or “sometimes” to the following questions from the 6 areas of the Resiliency Wheel. Celebrate your “yeses” and decide how to change some of your “no” answers into “yes” answers.

1. Caring and Support

_____ I have several people in my life who give me unconditional love, nonjudgmental listening, and who I know are “there for me.”

_____ I am involved in a school, work, faith, or other group where I feel cared for and valued.

_____ I treat myself with kindness and compassion, and take time to nurture myself (including eating right and getting enough sleep and exercise).

2. High Expectations for Success

_____ I have several people in my life who let me know they believe in my ability to succeed.

_____ I get the message “You can succeed,” at my work or school.

_____ I believe in myself most of the time, and generally give myself positive messages about my ability to accomplish my goals—even when I encounter difficulties.

3. Opportunities for Meaningful Participation

_____ My voice (opinion) and choice (what I want) is heard and valued in my close personal relationships.

_____ My opinions and ideas are listened to and respected at my work or school.

_____ I volunteer to help others or a cause in my community, faith organization, or school.

4. Positive Bonds

_____ I am involved in one or more positive after-work or after-school hobbies or activities.

_____ I participate in one or more groups (such as a club, faith community, or sports team) outside of work or school.

_____ I feel “close to” most people at my work or school.

Resources:

The Resiliency Workbook

Nan Henderson, MSW

<https://www.resiliency.com/products/the-resiliency-workbook/>

The Resiliency Quiz

Nan Henderson, MSW

<https://www.resiliency.com/free-articles-resources/the-resiliency-quiz/>

The Road to Resiliency

American Psychological Association

<https://www.apa.org/helpcenter/road-resilience>



For more information or support:

WCASA

2801 West Beltline Highway #202

Madison, WI 53713

608-257-1516

www.wcasa.org

5. Clear and Consistent Boundaries

_____ Most of my relationships with friends and family members have clear,

healthy boundaries (which include mutual respect, personal autonomy, and each person in the relationship both giving and receiving).

_____ I experience clear, consistent expectations and rules at my work or in my school.

_____ I set and maintain healthy boundaries for myself by standing up for myself, not letting others take advantage of me, and saying “no” when I need to.

6. Life Skills

_____ I have (and use) good listening, honest communication, and healthy conflict resolution skills.

_____ I have the training and skills I need to do my job well, or all the skills I need to do well in school.

_____ I know how to set a goal and take the steps to achieve it.

NOTES:

Citations

Nan Henderson, MSW: <https://www.resiliency.com/free-articles-resources/hard-wired-to-bounce-back/>



For more information or support:

WCASA

2801 West Beltline Highway #202

Madison, WI 53713

608-257-1516

www.wcasa.org