

Believing In and Building Resiliency

10 Ways to Build Resilience - American Psychological Association

1. To maintain good relationships with close family members, friends and others;
2. To avoid seeing crises or stressful events as unbearable problems;
3. To accept circumstances that cannot be changed;
4. To develop realistic goals and move towards them;
5. To take decisive actions in adverse situations;
6. To look for opportunities of self-discovery after a struggle with loss;
7. To develop self-confidence;
8. To keep a long-term perspective and consider the stressful event in a broader context;
9. To maintain a hopeful outlook, expecting good things and visualizing what is wished;
10. To take care of one's mind and body, exercising regularly, paying attention to one's own needs and feelings.

Core Beliefs: Resiliency & Protective Factors:

1. Resilience is not a rare ability; in reality, it is found in the average individual and it can be learned and developed by virtually anyone. (M. Rutter "Developing Concepts in Developmental Psychopathology" (2008)
2. Resilience should be considered a process, rather than a trait to be had. (M. Rutter "Developing Concepts in Developmental Psychopathology" (2008)
3. People who demonstrate resilience are people with optimistic attitudes and positive emotionality; they are by practice able to effectively balance negative emotions with positive ones. American Psychological Association
4. Several factors develop and sustain a person's resilience: B.L. Fredrickson, "Positive Emotions Broaden the Scope of Attention and Thought-Action Repertoires" (2005)
 - a. The ability to make realistic plans and being capable to taking the steps necessary to follow through with them;
 - b. A positive self-concept and confidence in one's strengths and abilities;
 - c. Communication and problem-solving skills;
 - d. The ability to manage strong impulses and feelings.
5. Resilience begins with a belief in the capacity of all individuals to demonstrate resilience. Everyone, regardless of age or circumstances, has the capacity for resilience. (B. Benard, S. Truebridge, Educational Leadership "Reflections on Resilience", September 2013
6. Resilience is a process, not a trait. Resilience isn't a program or curriculum. It is not a quick fix. It is a process over time often with one step forward and one or two back but the overall trajectory is one of overcoming and integration. (B. Benard, S. Truebridge, Educational Leadership "Reflections on Resilience", September 2013; *The Resiliency Workbook, Bounce Back Stronger, Smarter and With Real Self-Esteem*, Nan Henderson, 2012

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7. Resilience isn't just for people from high risk environments. (B. Benard, S. Truebridge, Educational Leadership "Reflections on Resilience", September 2013)
8. Resilience is not just for remediation or intervention. It incorporates a shift from a problem-based deficit model to a strengths-based one. Resilient people describe themselves as survivors rather than victims. (B. Benard, S. Truebridge, Educational Leadership "Reflections on Resilience", September 2013)
9. Challenging life experiences can be opportunities for growth and change. Most people make it despite exposure to severe risk. (B. Benard, S. Truebridge, Educational Leadership "Reflections on Resilience", September 2013)
10. We each have an innate or in-born raw coping power; we can tap into this and work with stress as part of our own transformation. Dr. Joel Bennett, *Raw Coping Power*
11. "Adaptation, resilience, and thriving are different from each other in important ways. When we are adapting, we are learning from a challenge, When we are resilient, we are demonstrating strength in the face of the challenge. When we thrive, we have either developed new strengths or tapped into hidden strengths. As a result, we become better, stronger, or smarter by having been in the challenging situation." Dr. Joel Bennett, *Raw Coping Power*
12. All youth, regardless of environment or background, show the capacity for resilience. Certain strengths are associated with successful coping and learning. M. Humphrey, *Bouncing Back? Resiliency Strategies Through Children's Literature*, (2008)
13. Families, schools, and communities play a large part in the development of resiliency. Changing the course of a child's life begins with changing the attitudes and belief systems of the adults in families, schools, and communities. B. Benard, (2004)
14. "Resiliency frames a paradox that is true for everyone: Pain and wounds result from great adversity but so does positive human development and transcendence." *The Resiliency Workbook, Bounce Back Stronger, Smarter and With Real Self-Esteem*, Nan Henderson, 2012