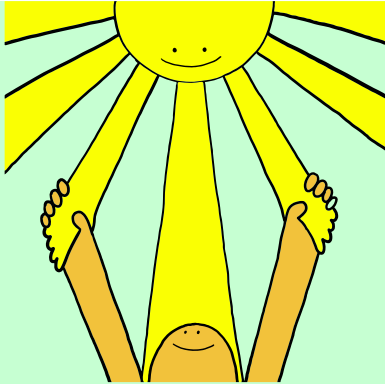


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# Resilience



RESILIENCE IS BEING ABLE TO DO WELL IN LIFE DESPITE ADVERSITY. BOTH INDIVIDUAL FACTORS (OPTIMISM, SELF-CONFIDENCE AND HOPE) AND EXTERNAL FACTORS (SOCIAL SUPPORT, EXTRACURRICULAR ACTIVITIES) CONTRIBUTE TO ONE'S RESILIENCE.

## Discussion Questions

**1.**

What does resilience mean to you? Can you think of an example of a time when you've shown resilience?

**2.**

Name someone you admire who is resilient.  
Why do you admire them?

**3.**

How does showing resilience contribute to our well-being?

# Take Action

**1.** Research a story about someone who has shown resilience in the face of adversity. Reflect on how resilience can help someone grow and learn through a challenge. Present the story to a small group.

**2.** Make a group challenge in small groups or the whole workplace. This can be anything from serving the community to fundraising for a cause you believe in to participating in a healthy eating or activity challenge! Determine how you can support and motivate each other in completing the challenge as a group.

“RESILIENCE IS NOT ONLY AN INTERNAL QUALITY, IT’S ALSO ABOUT WHAT IS ALL AROUND US AND HOW THAT ALLOWS US TO BRING OUT OUR SPECIAL QUALITIES.” **MICHAEL UNGAR**

