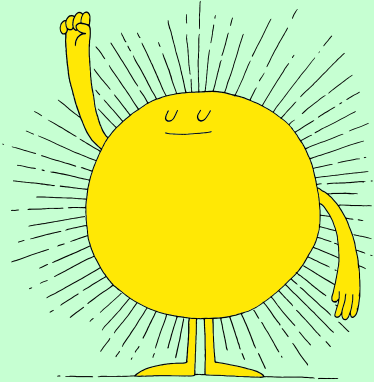

Resilience



RESILIENCE IS ABOUT DOING 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 showed 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 your team or to a small group.

2. Make a group challenge in a small group or as a full team. 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 to complete 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

