

# Resiliency Workout

Resilient people have cultivated seven characteristics to help them solve problems more efficiently and waste less energy in the process of dealing with challenges. Everyone has these resilience "muscles" and they can be strengthened (or weakened). Regular practice and use will build them up and help you conserve your energy when dealing with change. Ask yourself:

- How have I used each resilience muscle to overcome a challenge?
- How balanced are each of my resiliency muscles?
- Which ones do I tend to underuse? Overuse?

Resiliency Muscle	Do you...	Tips & Tactics (to build the muscle)
<ul style="list-style-type: none"> <li>• Positivity</li> </ul>	<ul style="list-style-type: none"> <li>• Find hope and possibility in the midst of difficult situations?</li> </ul>	<ul style="list-style-type: none"> <li>• Change the stories you tell yourself</li> <li>• Pay attention to the positive</li> <li>• Find bright spots in the darkness</li> </ul>
<ul style="list-style-type: none"> <li>• Confidence</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize and use your skills &amp; abilities?</li> </ul>	<ul style="list-style-type: none"> <li>• Understand your strengths</li> <li>• Focus on learning</li> <li>• Treat yourself as a friend</li> </ul>
<ul style="list-style-type: none"> <li>• Priorities</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and pay attention to the most important things?</li> </ul>	<ul style="list-style-type: none"> <li>• Simplify</li> <li>• Practice saying no</li> <li>• Set goals</li> </ul>
<ul style="list-style-type: none"> <li>• Creativity</li> </ul>	<ul style="list-style-type: none"> <li>• Generate a range of possibilities and options?</li> </ul>	<ul style="list-style-type: none"> <li>• Think “yes, and...”</li> <li>• Let ideas flow</li> <li>• Resist judgement</li> </ul>
<ul style="list-style-type: none"> <li>• Connection</li> </ul>	<ul style="list-style-type: none"> <li>• Reach out to others for help and support?</li> </ul>	<ul style="list-style-type: none"> <li>• Invest time in developing strong relationships</li> <li>• Initiate communication</li> <li>• Ask for help</li> </ul>
<ul style="list-style-type: none"> <li>• Structure</li> </ul>	<ul style="list-style-type: none"> <li>• Create and apply disciplined approaches?</li> </ul>	<ul style="list-style-type: none"> <li>• Find systems/processes that work for you</li> <li>• Plan your time</li> <li>• Create good habits</li> </ul>
<ul style="list-style-type: none"> <li>• Experimenting</li> </ul>	<ul style="list-style-type: none"> <li>• Try new and different strategies?</li> </ul>	<ul style="list-style-type: none"> <li>• Be curious</li> <li>• Take Small Steps</li> <li>• Reflect on your experience</li> </ul>

Source: Adapted from *Prosilience* by Linda Hoopes, Ph.D., 2017