

Resiliency Activity I

Reflecting on Resiliency Assets

ACTIVITY

From your own experience, which **RESILIENCY ASSETS** in the box below have empowered you to positively cope and even thrive in spite of areas of challenge?

Share with a colleague one example of a **RESILIENCY ASSET** that made a difference for you.

What is Resiliency?

Academic research on resiliency began approximately 30 years ago and involved a shift from a deficit-based to a strength-based view of people and their environments.

Resiliency is defined as the capacity to persist in the face of adversity and to bounce back when challenges are encountered. Resiliency helps us cope and thrive during difficult circumstances, times of change or periods of transition.

Resiliency comes from a combination of positive attributes we develop through our families, our educational, social and cultural connections, and our workplace experiences.

Resiliency assets may reflect both individual and organizational strengths that facilitate empowerment, positive coping, healthy transitions, learning and thriving.

RESILIENCY ASSETS

RELATIONSHIP ASSETS involve practices that provide social support, that build and restore positive relationships, and that demonstrate acts of kindness and caring.

PROFESSIONAL ASSETS practices involve gaining the necessary training or knowledge, consulting with and asking knowledge questions from colleagues, and feeling prepared to problem-solve new challenges.

ATTITUDINAL ASSETS involve practices that increase optimism and a positive disposition even in the face of difficult or challenging situations.

EMOTIONAL INTELLIGENCE ASSETS involve practices that enhance the ability to understand and manage emotions, and positively communicate with others.

ADAPTATION ASSETS involve practices that facilitate adjustment to changing situations through positive coping, healthy lifestyle and proactive planning.