

# Resiliency Activity 2:

## Identifying Resiliency Asset Practices

Read through the following list of Resiliency Asset Practices.. Identify to which Resiliency Asset each practice corresponds: **R** (Relationship,) **P** (Professional,) : **AT** (Attitudinal), **E** (Emotional Intelligence), and **AD** (Adaptation practices).

- ☐ Spend time around people who inspire and lift you up
- ☐ Ask questions from a knowledgeable colleague or leader
- ☐ Choose to find at least a few positives in a difficult situation
- ☐ Pay attention to the feelings of others before responding
- ☐ Reduce sources of strain where possible
- ☐ Get a strained relationship back on track
- ☐ Consult experienced colleagues on how they solve specific types of problems
- ☐ Instead of assigning blame decide what needs to be done to move forward
- ☐ Listen, ask questions and reflect the feelings of others
- ☐ Learn new coping strategies to address areas of stress
- ☐ Be willing to apologize to others when we have erred
- ☐ Pursue training to prepare for new work-related tasks
- ☐ Challenge assumptions or beliefs about "not being able to do something"
- ☐ Be mindful about the how our words may impact others
- ☐ Clarify areas of anticipated change or transition
- ☐ Forgive the mistakes of others
- ☐ Make plans to meet training standards or professional requirements
- ☐ Use your passion to energize or motivate others
- ☐ Use I statements when expressing our own thoughts and feelings
- ☐ Collaborate with team members to make plans for upcoming changes in work-related routines
- ☐ Take the first step to express kindness even when it may not be immediately returned
- ☐ Take advantage of accessible learning opportunities
- ☐ Reframe obstacles as opportunities for action
- ☐ Be aware of our own reactions to specific situations
- ☐ Break problems into smaller parts and solve one challenge at a time
- ☐ Take a meal to a colleague who is ill
- ☐ Attend conferences to meet colleagues from other organizations