

## Discussion #2: Finding Resilience Within

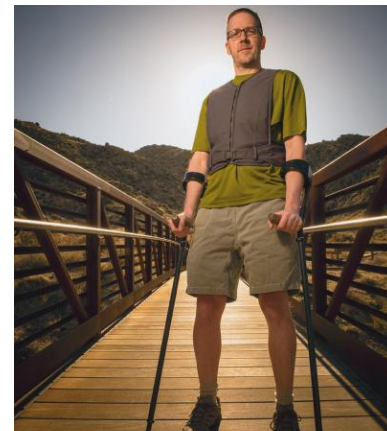
1	<p><b>Take Zoom Poll:</b> Is resilience something you're born with, something you can develop, or a combination?</p>
2	<p><b>Watch Video:</b> Chapter 2 - Finding Resilience Within (5:46)</p>
3	<p><b>Zoom Poll Results:</b> Share poll results – lead into group discussion</p>
4	<p><b>Small Group Discussions:</b> (suggest 4-6 people for small group discussion)</p> <ol style="list-style-type: none"> <li>1. What strengths or experiences can you identify in yourself that might make you more resilient?</li> <li>2. What setbacks can you reframe as challenges to overcome?</li> </ol> <p><b>Whole Group Discussion:</b> One person from each breakout – share common themes from your discussions</p>
5	<p><b>Discussion 2 Wrap Up:</b> In addition to skills you may have, lifestyle factors or habits can help support resilience. In the next section we'll explore how strong support systems can help you build and retain resilience.</p>

### Discussion Tips

(These discussion tips are here to help you if the conversation lags. You don't need to cover them if the group is actively engaged in conversation).

### Skills that contribute to your resilience:

- Curiosity and the attempt to understand things
- Humor; laughing at oneself and with others
- Using creativity to express oneself
- Realistic optimism
- Initiative; seeking new challenges and developing strengths, without fear of failure or embarrassment
- Adaptability and Flexibility
- Good problem-solving ability
- Self- efficacy, the believe one has control over own life & success



DAVE, DIAGNOSED IN 2006