

## Discussion #4: Reflection

1	<b>Take Zoom Poll:</b> Has your opinion of resilience changed? (Yes/No)
2	<b>No Video Component for this Discussion</b>
3	<b>Zoom Poll Results:</b> Share poll results – lead into group discussion
4	<p><b>Whole Group Discussion:</b> Based on what we've discussed and heard today, what are your major takeaways from this program?</p> <ol style="list-style-type: none"> <li>1. What personal strengths will you now use in a different, intentional way to build more resilience?</li> <li>2. How will you use resilience skills tomorrow and in the future?</li> </ol>
5	<p><b>Discussion 4 Wrap Up:</b> I encourage you take what we discussed here, reflect on it, and determine ways to draw upon and build your own 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).

#### Remember:

- Resilience isn't something you do just once, it's a constant practice of managing and adapting to circumstances
- Resilience is a useful quality to have, not just in times of great adversity, but also when handling life's daily stressors
- The more you practice skills that contribute to resilience on an everyday basis, the easier they'll be to implement when times get really tough.



**LISA, DIAGNOSED IN 1998**

