

Discussion #1: What is Resilience?

1	Introduction: Identify one of the questions below to kickoff
2	Watch Video: Chapter 1 – Defining Resilience (4:39)
3	<p>Questions: Utilize open discussion, chat box, polling or breakout room options</p> <ol style="list-style-type: none"> 1. What does resilience mean to you? 2. Do you consider yourself resilient? (Poll Options: Almost Always, Often, Sometimes, Rarely, I don't know) 3. Why do you, or do you not, consider yourself resilient? 4. Share an experience where you felt resilient.
4	<p>Discussion 1 Wrap Up: Resilience will look different for each of us because we're all different. In the next section, we'll focus on finding resilience within.</p>



Discussion Tips

Encourage participants to share their name prior to answering a question or engaging in the discussion.

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.

Resilience is described as any of the of following:

- Growing and evolving from adversity
- Focusing on positive assets rather than deficits
- Thriving rather than merely surviving in the face of challenges
- The ability to bounce back from difficult circumstances
- Finding hope and meaning in life even while confronting obstacles
- Finding motivation to take on new challenges and opportunities

Remember:

- Resilience is a work in progress — strategies to build resilience can be learned and practiced
- Resilience is NOT about acting happy

Discussion #2: Finding Resilience Within

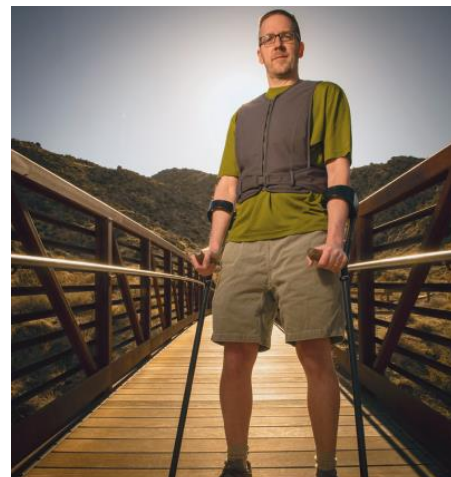
1	Introduction: Identify one of the questions below to kickoff
2	Watch Video: Chapter 2 - Finding Resilience Within (5:46)
3	<p>Questions: Utilize open discussion, chat, polling or breakout options</p> <ol style="list-style-type: none"> 1. Is resilience something you're born with, something you can develop, or a combination? 2. What strengths or experiences can you identify in yourself that might make you more resilient? 3. What setbacks can you reframe as challenges to overcome? 4. Please share a strength you have that has helped you overcome a setback.
4	<p>Discussion 2 Wrap Up:</p> <p>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



DAVE. DIAGNOSED IN 2006

Discussion #3: Building and Nurturing Resilience

1	<p>Introduction: Identify one of the questions below to kickoff</p>
2	<p>Watch Video: Chapter 3 - Building and Nurturing Resilience (6:02)</p>
3	<p>Questions: Utilize open discussion, chat, polling or breakout options</p> <ol style="list-style-type: none"> 1. Now that you've identified your skills/strengths related to resilience, how are you building on them? 2. Do you lean on your friends/family to help you manage your own personal resilience? 3. How do your supportive relationships contribute to your resilience? Who are those important people in your supportive relationships? 4. What can you do to nurture those supportive relationships? What steps do you need to take?
4	<p>Discussion 3 Wrap Up: Adaptability and flexibility are skills displayed by most of the individuals in the video. Having these skills isn't the end all be all of resilience though. You can definitely build resilience, it's like a muscle. In the last section, we'll reflect on what we have learned, and how we can grow our 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.)

Stages to building resilience: Your support systems are important no matter what stage you are in. They help you through the tough times and can be there to hold you accountable as you are growing and pursuing your passions.

Practice makes progress: The goal of identifying your strengths is to become comfortable using them day in and day out—so that when you're faced with trying circumstances, you can rely on your strengths to see you through. Once you've identified your strengths, practice using them often in new ways.

Discussion #4: Reflection

1	<p>Introduction: Has your opinion of resilience changed? (Potential polling answers: Yes/No/I'm not sure)</p>
2	<p>No Video Component</p>
3	<p>Questions: Utilize open discussion, chat, polling or breakout options</p> <ol style="list-style-type: none"> 1. Based on what we've discussed and heard today, what are your major takeaways from this program? 2. What personal strengths will you now use in a different, intentional way to build more resilience? 3. How will you use resilience skills tomorrow and in the future? 4. Share something you learned about resilience
4	<p>Discussion 4 Wrap Up: I encourage you to 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 a regular basis, the easier they'll be to implement when times get really tough.



LISA, DIAGNOSED IN 1998