



★ *Resilience Checklist*

ASSESS CURRENT LEVELS OF RESILIENCE

Below are 10 questions to explore your current levels of resilience.

When working with clients these questions can be asked in the first session and any subsequent sessions for ongoing assessment of your client's development of resilience.

1. Do I adapt to changing circumstances
2. Am I able to make decisions to deal with whatever problem comes my way
3. Am I able to see the humorous side of things in all circumstances
4. Do I become stronger from going through stressful events
5. Do I bounce back after illness or injury
6. Do I believe I can achieve goals despite obstacles
7. Can I stay focused under pressure
8. Am I discouraged by failure and quit or avoid
9. Do I think of myself as a strong person when facing challenges
10. Am I able to handle unpleasant feelings

10 WAYS TO BUILD RESILIENCE (APA):

The American Psychological Association (APA) recommends 10 ways to build resilience:

- ☐ **CONNECTIONS** - Connect with close family members, friends or others. Accept help and support.
- ☐ **CONTEXT** - Avoid seeing crises as insurmountable problems.
- ☐ **ACCEPTANCE** - Accept that change is a part of living.
- ☐ **GOALS** - Move toward your goals. Develop realistic goals. Do something regularly.
- ☐ **ACTION** - Take decisive actions. Act on adverse situations as much as you can.
- ☐ **SELF DISCOVERY** - Look for opportunities for self-discovery.
- ☐ **CONFIDENCE** - Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
- ☐ **PERSPECTIVE** - Keep things in perspective. Avoid blowing the event out of proportion.
- ☐ **OPTIMISM** - Maintain a hopeful outlook.
- ☐ **SELF-CARE** - Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.