



## Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who Support<sup>SM</sup>

### ***What do you know about resiliency?***

*Instructions: read each statement and then circle either T =True or F =False*

- T F Resilience is mainly something that you are either born with or not.
- T F Very resilient people seldom get really upset when horrible things happen.
- T F Resilient people are generally shy, quiet and philosophical.
- T F To have a resilient mindset, one needs to have about three times more positive thoughts than negative ones.
- T F A primary force in developing and maintaining resilience is caring and supportive relationships.
- T F Resilient people typically help others in times of great stress, rather than withdrawing to build their own inner reserves.
- T F Wealthy people are generally more resilient than less wealthy people.
- T F Research has shown that resilience is mainly found in extra-ordinary people.
- T F Resilient people make few mistakes, but when they do, they quickly ignore them to “bounce back”.
- T F People with several close friends are more resilient, wealthier, healthier, and happier than those who live secluded lives.
- T F A resilient person can become less resilient over the normal passage of time.
- T F Meditation and spiritual practices can help develop resilience.
- T F Elderly people are more resilient than middle-aged adults who, in turn, are more resilient than teenagers.
- T F Resilient people are normally more pessimistic. They have a better grasp of reality than optimists.
- T F Highly resilient people do not experience as much emotional pain or distress as others.
- T F Until the age of 11, resilience is learned primarily from parents.
- T F Resilient people make and follow life goals, rather than just going with the flow.
- T F Resilience involves thoughts, feelings and beliefs which can be learned and developed.
- T F Religious and spiritual people are less resilient than atheists.
- T F Resilient people don't spent much time relishing their accomplishments as they are rather focused on being strong for the next challenge.
- T F Resilient people typically get rid of their negative emotions, for example by losing their tempers, and then feel better for it.

*Building Resilience (2010) What do you know about resiliency questionnaire? Retrieved from <http://buildingresilience.co.za/online/wp-content/uploads/file/What%20do%20you%20know%20about%20Resilience%20questionnaire.pdf>*



# Yellow Ribbon Reintegration Program

For Those Who Serve and Those Who Support<sup>SM</sup>

## A Resilient Person . . .

### Takes care of him/herself

Eats right

Engages in activities or hobbies

- 1.
- 2.
- 3.

Exercises

Restores inner peace

- 1.
- 2.
- 3.

Gets adequate sleep

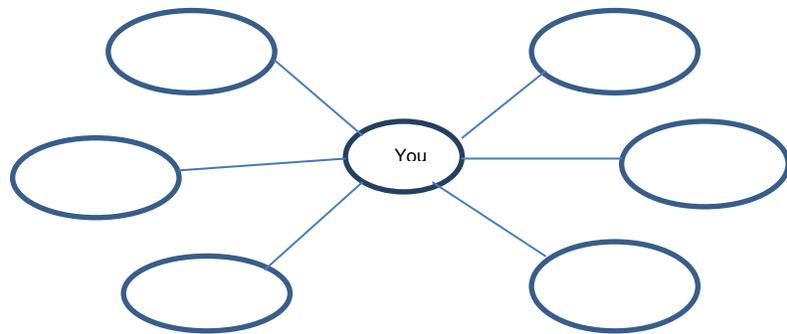
### Is **A**ware of his/her emotions and **A**ccepts change as part of life.

1. What emotions are you experiencing associated with the deployment?
2. How do they differ from your friends and family?
3. What are some things about this deployment that you have no control over?
4. What are some things about this deployment you can control?

### Gives **S**upport and nurtures **C**onnections

Activities that I connect through:

- 1.
- 2.
- 3.



### **A** is for Attitude!

#### Negative self-talk

1. I've never done it before.

#### Positive thinking

*It's an opportunity to learn something new.*

Something POSITIVE I will tell myself every day for the next 30 days: \_\_\_\_\_

Makes **P**rogress - My SMART goal to improve my resilience is: \_\_\_\_\_

### Keeps **P**erspective

My strengths:  
Ex. I'm calm

How it can help me be resilient.  
*Allows me to think clearly in crisis.*

Three Words (friends):

Three Words (myself):