

### ACTIVITY: Give Yourself Credit

#### Purpose

The purpose of this activity is to:

- Think about internal and external factors that have helped you deal with adversity or challenges
- Recognize your capacity to be resilient

#### ESTIMATED TIME

**10** minutes

#### MATERIALS

Required:

- A. Pen and paper

#### Background

- While some people may appear more naturally resilient than others, everyone has the *ability* to be resilient. We can develop, or strengthen, resiliency by learning and practicing skills and characteristics that support resiliency.
- Protective factors are the internal and external characteristics and resources that help us to be resilient. These include internal qualities, such as making good decisions or having a good sense of humor, and external supports, such as positive relationships and access to a good education.
- Dealing with adversity often helps us to build and strengthen our internal protective factors. When we think about challenging situations we have dealt with, we can identify our own protective factors and recognize our inherent capacity for resiliency.

### Activity

- 1) Make sure all participants have a pen and paper. They will be writing down their answers to the questions you ask.
- 2) Inform participants that you will have a group discussion following the activity, but that they do not have to share what they've written. Whatever they wish to share is up to them.
- 3) Instruct participants to think of an ongoing challenge they face. It can be any ongoing issue, big or small - a mental or physical health problem, being organized or getting to work on time, a difficult relative, etc.
- 2) Ask how well they have done as they have been dealing with this issue. What personal qualities have helped them? What external resources have helped?
- 3) Are there ways they can nurture or strengthen the qualities and supports that have helped them?

### Discussion Questions/ Key Points

- Does anyone want to share what they wrote?
- How did it feel to write about "how well you've done" with your challenging situation?
- Do you give yourself credit for all that you've done well to deal with this challenge?
- Have the personal qualities that helped you deal with this challenge helped you in other areas as well?
- Why is it beneficial to think about the ways we have dealt with and overcome adversity?

*Activity adapted from:*

**The Resiliency Workbook: Bounce Back Stronger, Smarter, & With Real Self-Esteem.** (2012). Nan Henderson, M.S.W.

**Flourish: A Visionary New Understanding of Happiness and Well-being.** (2011). Martin E. P. Seligman