

## ACTIVITY: Give Yourself Credit

- 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.

### Try This!

Write down your answers to the following questions on a blank sheet of paper or in a journal.

- 1) Think of an ongoing challenge you 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) How have you done as well as you have dealing with this issue? What personal qualities have helped you? What external resources have helped you?
- 3) Are there ways you can nurture or strengthen the qualities and supports that have helped you?

Think about this: Do you give yourself credit for all that you've done well to deal with this challenge? Take time to acknowledge your internal strengths and congratulate yourself for how well you are doing!

*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