



Resilience is what gives people the psychological strength to cope with stress and hardship. It is the mental reservoir of strength that people are able to call on in times of need to carry them through without falling apart. Resilience does not eliminate stress or erase life's difficulties. People who possess this quality don't see life through rose-colored lenses. They understand that setbacks happen and that sometimes life is hard and painful. They still experience the negative emotions that come after a tragedy, but their mental outlook allows them to work through these feelings and recover.

DEVELOPING RESILIENCE

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [resilience](#) poster. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What does resilience mean to you?
- What are some real life examples of being resilient?
- What are some strategies you can use to build up your resilience?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

