**Virtual Resilience**

**Discussion #1: What is Resilience?**

<table>
<thead>
<tr>
<th>1</th>
<th><strong>Take Zoom Poll:</strong> Do you consider yourself resilient?</th>
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<tbody>
<tr>
<td>2</td>
<td><strong>Watch Video:</strong> Chapter 1 – Defining Resilience (4:39)</td>
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<td>3</td>
<td><strong>Zoom Poll Results:</strong> Share poll results – lead into group discussion</td>
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| 4 | **Whole Group Discussion:** Every member has the option to introduce themselves and answer the following questions:  
1. What does resilience mean to you?  
2. Follow up on poll question – Why do you, or do you not, consider yourself resilient? |
| 5 | **Discussion 1 Wrap Up:** Resilience will look different for each of us because we’re all different. In the next section, we’ll focus on finding resilience within. |

**Discussion Tips**

(These discussion tips are here to help you if the conversation lags. You don’t need to cover them if the group is actively engaged in conversation).

**Resilience is described as any of the following:**
- Growing and evolving from adversity
- Focusing on positive assets rather than deficits
- Thriving rather than merely surviving in the face of challenges
- The ability to bounce back from difficult circumstances
- Finding hope and meaning in life even while confronting obstacles
- Finding motivation to take on new challenges and opportunities

**Remember:**
- Resilience is a work in progress — strategies to build resilience can be learned and practiced
- Resilience is NOT about acting happy all the time or ignoring the real difficulties in life or trying to eliminate negative thoughts and feelings.
- Resilience is about remaining hopeful about the future while making plans that enable us to cope with our actual reality

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