

## Discussion #1: What is Resilience?

1	<b>Take Zoom Poll:</b> Do you consider yourself resilient?
2	<b>Watch Video:</b> Chapter 1 – Defining Resilience (4:39)
3	<b>Zoom Poll Results:</b> Share poll results – lead into group discussion
4	<p><b>Whole Group Discussion:</b> Every member has the option to introduce themselves and answer the following questions:</p> <ol style="list-style-type: none"> <li>1. What does resilience mean to you?</li> <li>2. Follow up on poll question – Why do you, or do you not, consider yourself resilient?</li> </ol>
5	<p><b>Discussion 1 Wrap Up:</b> Resilience will look different for each of us because we’re all different. In the next section, we’ll focus on finding resilience within.</p>



**MICHELLE, DIAGNOSED IN 2001**

### 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 of 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