

Discussion #3: Building and Nurturing Resilience

1	Take Zoom Poll: Do you rely on your friends/family to manage your own personal resilience? (Yes/No)
2	Watch Video: Chapter 3 - Building and Nurturing Resilience (6:02)
3	Zoom Poll Results: Share poll results – lead into group discussion
4	<p>Small Group Discussions: (suggest 4-6 people for small group discussion)</p> <ol style="list-style-type: none"> 1. Now that you've identified your skills/strengths related to resilience, how are you building on them? 2. How do your supportive relationships contribute to your resilience? Who are those important people in your supportive relationships? 3. What can you do to nurture those supportive relationships? What steps do you need to take? <p>Whole Group Discussion: One person from each breakout – share common themes from your discussions</p>
5	Discussion 3 Wrap Up: Adaptability and flexibility are skills displayed by most of the individuals in the video. Having these skills isn't the end all be all of resilience though. You can definitely build resilience, it's like a muscle. In this last section, we'll reflect on what we have learned, and how we can grow our own resilience.

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).

Stages to building resilience: Your support systems are important no matter what stage you are in. They help you through the tough times and can be there to hold you accountable as you are growing and pursuing your passions.

Practice makes progress: The goal of identifying your strengths is to become comfortable using them day in and day out—so that when you're faced with trying circumstances, you can rely on your strengths to see you through. Once you've identified your strengths, practice using them often in new ways.