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**ACTIVITY 6.3**

# Building Resilience

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## CONCEPT

Resilience is the capacity to adapt, recover and possibly even flourish following some adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. Becoming resilient is beneficial to our students mental and physical well-being, and our students can learn to become more resilient by completing this activity.

## MATERIALS

- Article, Building your Resilience (APA, 2020)
- *Building Resilience* Student Worksheet

## INSTRUCTIONS

- This activity should take students about 10-15 minutes to complete.
- Have students read the American Psychological Association article Building your Resilience (APA, 2020) and have students complete the worksheet.

## REFERENCE

American Psychological Association. (2020, February 1). *Building your resilience.* https://www.apa.org/topics/resilience/building-your-resilience

## BUILDING RESILIENCE WORKSHEET

**Directions: Read the article from the American Psychological Association, Building your Resilience (APA, 2020) and answer the following questions.**

**Give a good definition of what resilience is.**

**What is resilience not?**

**How can resilience promote both your physical and mental health?**

**What are three ways that you can increase your resilience when faced with difficult and traumatic experiences? Be specific.**