

Resilience

Summary

A trauma represents an injury- physical or emotional. It is important to know that trauma may be experienced also from witnessing injuries to others. When you experience a traumatic event, there are many reactions you may have. Such stress can have complex after-effects. It is important to know, learn, and build the capacities for resilience.

Aims

To recognize and mobilize personal capacity for resilience.

Participants

Adults, youngsters, socially disadvantaged groups, public officers, administration staff, volunteers in NGOs

Method

self-learning, self-awareness technique, discussion, experiential learning.

Source

Williams, M.B. & Poijula, S. (2016). *The PTSD Workbook*. Oakland, CA: New Harbinger Publications, Inc.

Keywords

resilience, trauma recovery, traumatic stress, recovery

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Description

The following checklist contains characteristics connected with forms of resilience. Tick those you believe describe you now. The more is confirmed, the more resilient you may be.

I have a good self-concept.

I have good self-esteem.

I am sensitive to others' needs.

I am generally cooperative with others.

I am socially responsive.

I have a good sense of humour.

I am able to postpone getting my needs met.

I am generally flexible.

I can control my impulses when there is a need to do so.

I believe in the future.

I plan for the future.

I have a good support system.

I recognize that I have many opportunities in life available to me.

I respect individual human beings.

I am able to look for more than one solution to the problem.

I am able to plan ahead.

I have hobbies and interests.

I have a positive view on life. (see life joys and sorrows)

I am able to solve problems and have a strategy that I use.

I celebrate myself regularly.

I celebrate others regularly.

I believe that I have some level of control over myself.

I would rather take action than wait for something happen to me.

I am able to find meaning even in bad things.

I am someone others like and love.

I am able to find someone to help me when I need it.

I can ask questions in a creative way.

I have a conscience that allows me to see my own goodness.

I have a "knowing" about things that happen to and around me.

I can separate and disengage from others if they are not good for me.

I can attach to others and connect.

If you want to build your resilience you need to monitor how you interact with the world.

If the activity takes place in a group, the group leader should encourage discussion and group dynamics. Since resilience can be learned, such as conversation and discussion strengthen and encourage empowerment.

Material

paper and pen, poster

Advice for Facilitators

If the activity is performed as a group activity then the trainer should be skilled in group dynamics and have enough experiences to know how to enhance group cohesion and participants' interactions.

Category: Dealing with Disorders, Group size: Individual, Duration: 30-60 min

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