

“Healthy Living Starts at Home”

Resiliency Quiz

Mission of Activity: Below is a quick quiz, which will give you an idea of how resilient you are. Resilience is the ability to “bounce back”. Often times in life we meet stressful situations, some of us are able to utilize coping skills and recover from the situation fairly quickly. Others may lack coping skills, or their coping skills are insufficient, and they have a hard time “bouncing back” from those stressful events in their lives.

There are 6 traits that help to strengthen resiliency:

Mission and Purpose

Identity

Belonging

Competence

Safety and Security

Relationships

Bouncing back: A Resiliency Quiz

Instructions: Choose a sentence that best describes you.

1.

A. _____ I am aware when things are going badly in my relationships.

B. _____ When there are relationships issues, people rarely ask for my advice.

2.

A. _____ I embrace my individuality.

B. _____ I tend to be influenced by friends.

3.

A. _____ I enjoy listening to and meeting new people.

B. _____ When faced with my own problems, I often feel like I have no one to go to.

4.

A. _____ I am always challenging myself and trying new things.

B. _____ I typically wait for others to do things and then I follow their lead.

5.

A. _____ When I de-stress I look to my talents to help me relax, such as: poetry, music, or sports.

B. _____ When I am stressed I feel trapped and have a hard time finding an outlet.

6.

A. _____ I believe that “laughter is the best medicine”, and it's okay to laugh at yourself.

B. _____ When I'm upset, the last thing I want to do is joke around and be silly.

7.

A. _____ Doing the right thing is my first choice, even if there is uncertainty.

B. _____ When I get even with my peers I feel good about myself, even if it hurts their feelings.

Results:

- If you have 4-7 check marks on line A, you have **GOOD RESILIENCE**. This means you tend to recover from stressful events more easily.
- If you have 0-3 checks on line A, you may have **POOR RESILIENCE**. This means you do not recover as quickly from stressful events, and may need to create, or reevaluate your plan that will strengthen your coping skills.

