

## Enhancing Resiliency

**1. Optimism.** This includes the positive attitudes that you have about the world and life in general and generally the positive belief that things will work out. It often describes the individual who sees the glass as half-full instead of half-empty.

Technique - Reframing

**2. Confidence.** This represents your approach to the obstacles and challenges that life presents to you. It is the sense that you can master those challenges using the resources that you have at your disposal.

Technique - Positive Self-statements

**3. Adaptability/Flexibility.** This means that someone is not narrow-minded or wearing blinders when it comes to meeting challenges. They are able to consider different options for problem-solving. They are open to suggestion, receptive to criticism and are able to learn from their own mistakes.

Technique - Brainstorming creative problem-solving

**4. Trust.** Trust represents the degree to which you view other people as reliable when the chips are down. It is certainly not something that is simply given but something that must be earned in most cases.

Technique - Experimenting with Self-disclosure

**5. Support.** In this case it represents more your belief that support is there regardless of whether or not you actually take advantage of it. For many of us perception is reality and believing that people are there that you can rely on is critical to our confidence that we can succeed. It is based on the capacity for trust and ability to relate to others in a meaningful way.

Technique - Brainstorming a support network

**6. Social Comfort.** This means being able to be around other people without being anxious or in discomfort. It means that you can go to a home in a foreign country and be at ease even if you don't know the language that well, the customs or are familiar with the food.

Technique - Role-playing "introduction to a Rotarian" exercise

**7. Tolerance.** Sometimes there is a tendency to believe that your cultural practices are the right ways and the only ways and your exchange opportunity will challenge that perception. This indicates the ability to allow others to have their own thoughts and express them even though they may differ from their own. It is a belief that you can safely do this and not be rejected by others.

Technique - Purposely identify some irritating person or event and setting a goal of increasing tolerance

**8. A High Boiling Point.** Some people get to a boiling point very quickly and some much more slowly. The quicker you get to a boiling point the more likely it is to create problems for you in coping with situations and predicts how quickly you get upset about a situation.

Technique - Practice "counting ten" or other mental exercise that allows for "cooling off".

**9. Quick Recovery.** When something occurs that challenges your status quo how quickly do you get back to a normal state of functioning. How quickly does your heart rate return to normal, your blood pressure return to normal, etc. This is a measure of how quickly you bounce back from emotionally disturbing situations.

Technique - Listing activities that help restore the status quo

**10. Starting Over.** When a challenging event occurs are you overwhelmed with it and not able to function at all or are you able to address it and move on without significant disruption in your everyday life? It represents the ability to maintain an emotional equilibrium when challenging events occur.

Technique - Role-play pressing the "restart" button

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## **2. Confidence.**

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### **8. A High Boiling Point.**

Some people get to a boiling point, losing their temper, being out of control very quickly and some much more slowly. The quicker you get to a boiling point the more likely it is to create problems for you in coping with situations and predicts how quickly you get upset about a situation.

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