

III. Tools/Handouts (cont.)

B. Enhancing Coping & Building Resiliency

Exhibit 2

Embracing Resilience in an At-Risk World Discussion Guide

<http://www.neahin.org/programs/mentalhealth/resiliency101.htm>



Resiliency 101

Resilience is an inherent trait that exists in every person, school and community. People, schools and communities, however, all have their own, unique identities, situations, strengths and weaknesses, assets and deficits. Your understanding of resilience and how you put that into practice in your everyday life is, therefore, unique. So, while resilience exists in everyone and everywhere, there is no one-size fits all program or product that is granted to make resilience happen...

- What's your own, personal definition of resilience?
- Brainstorm. On your own and with your colleagues, a definition of resilience for your school.
- Resilience applies to everyone at school. Identify at least one protective factor that exists for school staff. How can faculty and administration maximize the benefit of that protective factor to enhance your own resilience?
- Identify at least one protective factor that presently exists for students at your school. How, in your role at school, can you use that protective factor to enhance resilience for yourself and among your students and colleagues?...