Thinking About My Own Resilience

How do you define resilience and social-emotional development? Take a few minutes to read and respond to these questions. Then, share and discuss your responses with a colleague, supervisor, trainer or coach.

1. Think about yourself as a child—what were you like? How would you describe yourself?

2. Do you remember an adult who was kind and helpful to you as a child? What did you learn from this person?

3. Describe a good day at work. Next, describe a bad day at work. How do you respond? Is there someone you seek to share your day with or ask for help from?

4. What helps you when you feel stressed?

5. Think about the significant relationships you had as a child. How did these relationships influence your social behaviors?