

# Resilience Spotlight

## NGB Ready & Resilient Schoolhouse



### *What is Resilience?*

#### ***Resilience Defined***

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity. A resilient individual is one who is willing to take calculated, necessary risks, and capitalize on opportunity.

#### ***What does Master Resilience Training do for us?***

The Master Resilience Training program trains soldiers, family members, and DA civilians in 14 research-based skills that help build core competencies which are proven to enhance one's ability to be resilient in the face of adversity.

### **Ordinary Magic**

*Based on research by Ann Masten*

Resilience can often seem like an innate ability that some people have while others do not. Some people just seem almost invulnerable to adversity. However, this idea has been proven false. Research has found that what actually allows people to bounce back from adversity are relatively simple skills like emotional regulation, critical thinking, a belief that one has control in life, and the ability to form healthy relationships. When observed from the outside, an individual utilizing these skills to overcome challenges can seem impressive and potentially unattainable, but ultimately these skills can be learned and developed by anyone. Resilience may look like magic, but it is really only an every day, ordinary kind of magic.

### **The Six Competencies of Master Resilience Training**

*By developing the six competencies described below, an individual can enhance his or her ability to be resilient.*

#### **Self Awareness**

Helps us identify our thoughts, emotions, and behaviors, as well as recognize any patterns in these, particularly counterproductive ones.

#### **Self Regulation**

Helps us regulate our impulses, emotions, behaviors, and physiology to stop unhelpful thinking, express emotions appropriately, and achieve goals.

#### **Optimism**

Helps us fight the Negativity Bias by hunting for what is good while remaining realistic, identifying what we can control, maintaining hope and building our confidence.

#### **Mental Agility**

Helps us think more flexibly, accurately, and thoroughly, take other perspectives, and try new strategies in order to understand problems.

#### **Strength of Character**

Helps us identify and understand our own top Character Strengths so we can have faith in our abilities and use them in our leadership and to overcome challenges.

#### **Connection**

Helps us build strong relationships, use effective and positive communication, develop empathy, support others and be willing to ask for help in return.