

*And... action!*

SELFSCAN



*Download this file onto your computer and note your answers in the boxes provided.*





## MY VIEW ON RESILIENCE

### SELFSCAN

How resilient you are in life (apart from your genes) largely depends on how you view resilience. Time to take a closer look at your ideas about resilience!

**Follow five steps to map your resilience.**

### *Step 1* HOW RESILIENT ARE YOU?

Resilience is a concept with two dimensions. One is strength, making yourself strong to deal with adversity. The other is agility, adapting to the new situation and learning from it.

How resilient do you consider yourself? 1 stands for not at all resilient, 10 for hugely resilient.

0      1      2      3      4      5      6      7      8      9      10

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Why do you give that score?

How agile do you find yourself? 1 stands for not at all agile, 10 for enormously agile.

0      1      2      3      4      5      6      7      8      9      10

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Why do you give that score?



## Step 2 HOW DOES ONE SHOW RESILIENCE ACCORDING TO YOU?

Resilience only shows itself in difficult situations.  
We only notice how resilient we are when  
we face stress or setbacks.

Looking at those around you, who do you find resilient?

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Why do you choose that person? What characteristics or traits does that person show?

## Step 3 WHICH FACTORS PROTECT OR INHIBIT YOUR RESILIENCE?

There are a lot of factors in our environment that protect our resilience and a lot of things that can inhibit our resilience. Protective factors are things that ensure that you have a resilient edge. These can include a secure attachment, a fun childhood, balanced relationships, etc. Inhibiting factors can be certain thought patterns that have developed over the years, certain feelings of failure, fear, you name it.

What are your inhibiting factors?

*Eg: insecurity because of previous experiences, lack of support from colleagues,...*

What are your protective factors?

*Eg: learned to learn from mistakes, positive relationship with colleagues,...*

How can you extend your protective factors?

*Eg: looking for a fun hobby, making time for informal chats,...*



## Step 4 HOW DO YOU LOOK AT RESILIENCE

More and more research shows that, apart from genes, resilience can be acquired. Your mindset is central to this. How do you react to setbacks or change? And what beliefs lie behind these? Because it is those beliefs about ourselves and our malleability that can protect or inhibit resilience.

It could be that you have a fixed mindset towards resilience. That means you are convinced that you cannot develop resilience. This mindset has an effect on your thoughts, behaviour and ultimately your results.

Ex:



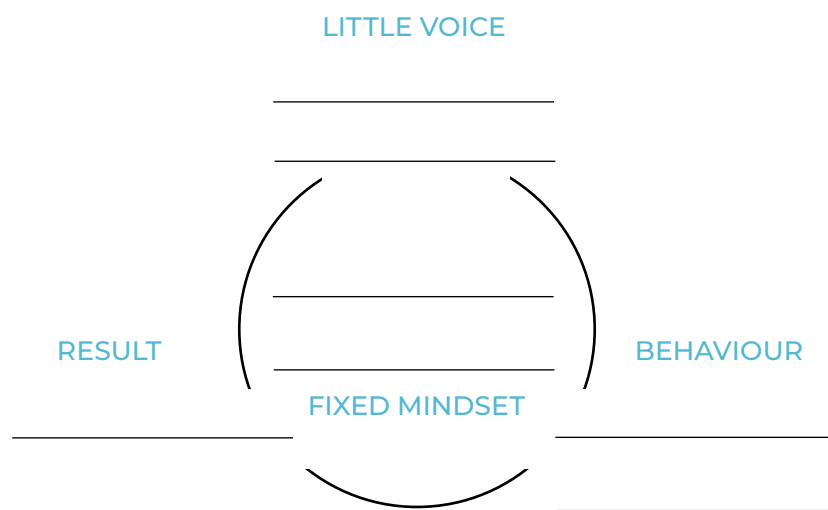
You can make your mindset more effective by changing it to a growth mindset. This means you are convinced that you can develop your resilience in part. This motivates you to work on resilience and has an effect on your thoughts, behaviour and ultimately the result.

Ex:





What is your mindset towards resilience? Also note its effects on your thoughts, behaviour and outcome.





## *Step 5* WHAT IS YOUR STRATEGY TO STRENGTHEN YOUR RESILIENCE?

Unfortunately, there is no one-size-fits-all strategy for working on our resilience. Among all the advice, it is sometimes difficult to find your way to what works for you. First and foremost, resilience is about you. It comes down to choosing the right strategy at the right time and switching when needed.

What are you already doing to increase your resilience?

What works for you and what doesn't?

What else could you do to strengthen your resilience?

Who can help you with this?

*The end*

