

How to Use: Resilience Building Cards

These activities can be used to help your clients/patients identify and explore their resilience skills. Use the simple step-by-step instructions below to guide them through the activity and spark a conversation about resilience!



Highlight Resilience

- Pull a handful of Resilience cards from the deck.
- Ask your client to choose one or two cards.
- Ask them to think about a time they used that resilience skill, and to share about it.



Tell a Story

- Ask about something they did that was difficult, or a challenge they overcame, however big or small.
- Using the cards, identify resilience skills they demonstrated in that experience.



Prescribe Resilience

- Think of the resilience cards as prescriptions!
 - Ask about a current challenge they are facing.
 - “Prescribe” a resilience skill they could practice in that situation.
 - Talk through ways to apply or practice that skill.
- Ask them to think carefully about those skills and identify ways they have used one of them. How could they practice it in the future? In what situation(s) can they apply it?
 - If they can’t think of any ways they have used them, help prompt them with suggestions or ideas.



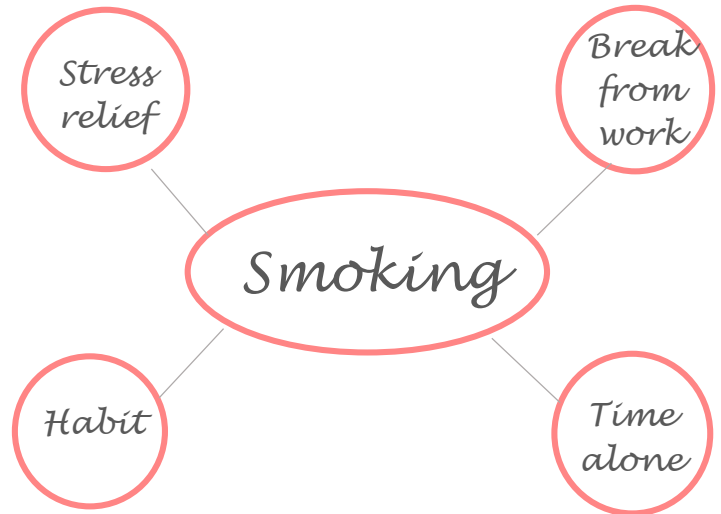
“You spot it, you got it!”

- Ask them to identify someone they admire and share the traits they admire most about them.
 - Using the cards, point out the resilience skills reflected in those admired traits.
- Ask them to think carefully about those skills and identify ways they have used one of them. How could they practice it in the future? In what situation(s) can they apply it?
 - If they can’t think of any ways they have used them, help prompt them with suggestions or ideas.



Behavior Wheel

- Ask them to identify a behavior they would like to change (eg. *smoking, procrastination, etc*)
- Draw a behavior wheel diagram with that behavior in the center circle (*like the one on the right*).
- What do they think the root causes of that behavior are? Write each cause in a smaller circle.
- Work together to use the cards to identify resilience skills that might help them address those root causes of the behavior.



Counting on Resilience (Advanced Activity)

- For clients/patients already familiar with resilience and the cards, have them label the top of a piece of paper with three columns:
 - I am
 - I have
 - I can
- Ask them to consider their resilience skills and sort the cards into those categories.
- Use those piles as an opportunity to talk about why they sorted them how they did. Are there any they would like to be able to move to a different category? What can they practice to make that possible?



BONUS: Group Activity

- In a group setting, (eg. *group therapy, chronic disease management group, etc*), select a resilience card at random on which the next session will focus.
- Each group member should spend the time before that session thinking about how they use, practice, or struggle to implement that skill.
- At the session, group members can share their thoughts and ideas about that resilience skill with one another.
- At the end, choose another resilience skill from the deck to focus on in the next session!
- *Note:* Depending on the group, the ACEs cards may be left in or removed from the deck for this exercise