

Name \_\_\_\_\_

## Bouncing Back Stronger: Building Resilience in the Face of Challenges

### Multiple Choice Questions

1. What does resilience help individuals do?
  - a) Avoid problems altogether
  - b) Cope with difficulties and overcome setbacks
  - c) Ignore challenges
  - d) Hide from adversity
  
2. What is the first building block of resilience mentioned in the passage?
  - a) Positive thinking
  - b) Problem-solving skills
  - c) Self-awareness
  - d) Social support
  
3. Why is adaptability important for resilience?
  - a) It helps you avoid challenges
  - b) It allows you to remain rigid in your thinking
  - c) It enables you to adjust to new situations
  - d) It's irrelevant to resilience
  
4. What is one way to practice emotional regulation for resilience?
  - a) Ignoring your feelings
  - b) Talking about your feelings with a trusted person
  - c) Keeping your emotions bottled up
  - d) Suppressing your feelings
  
5. How should mistakes be viewed in the context of resilience?
  - a) As opportunities for growth
  - b) As reasons to give up
  - c) As signs of failure
  - d) As something to be ashamed of

