

Name _____

Bouncing Back Stronger: Building Resilience in the Face of Challenges

Short Answer

1. Explain what resilience means and its importance in facing challenges and setbacks.
2. List three building blocks of resilience mentioned in the passage and briefly describe each.
3. What is the "Resilience Recipe," and how can it help individuals navigate challenges?
4. How should mistakes be viewed and approached in the journey of building resilience?
5. Why is social support considered a crucial element of resilience, and how can it be sought when facing challenges?

