

Name \_\_\_\_\_

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

### Short Answer Key

1. Resilience means the ability to cope with difficulties, adapt to change, and overcome setbacks. It is important because it helps individuals face challenges with strength and bounce back stronger.
2. Three building blocks of resilience are self-awareness (knowing yourself), positive thinking (cultivating a positive mindset), and social support (reaching out to others for help and guidance).
3. The "Resilience Recipe" includes acceptance, positive reframing, problem-solving, social support, self-care, and adaptation. It can help individuals navigate challenges by providing a structured approach to resilience.
4. Mistakes should be viewed as opportunities for growth. Learning from mistakes can contribute to personal development and increased resilience.
5. Social support is considered crucial because it provides emotional support, guidance, and a sense of belonging during challenging times. It can be sought by talking to friends, family, teachers, or counselors.

