

Name _____

Bouncing Back Strong: Building Resilience in Life

Short Answer Key

1. Possible answer: Developing a positive attitude helps build resilience by allowing you to focus on solutions and opportunities for growth instead of dwelling on problems.
2. Possible answer: Having a support system is essential when facing adversity because it provides emotional and practical help, making you feel more supported and less alone in challenging times.
3. Possible answer: One way to take care of your physical health to improve resilience is by eating nutritious food, getting regular exercise, and getting enough sleep.
4. Possible answer: Setting realistic goals can contribute to building resilience by giving you a sense of purpose and direction. Achieving smaller, manageable goals can boost your confidence and make you more resilient.
5. Possible answer: Helping others as a way to build resilience is valuable because it gives you a sense of purpose and accomplishment. It can also provide a positive perspective on your own challenges and reinforce your ability to cope with adversity.

