

## WHAT IS RESILIENCE?

This module is one of eight skill-based modules designed to increase your resilience. Resilience is:

- The ability to adapt and recover after adversity or stress.
- Recovering from both major and minor stressors.
- Larger than just dealing with stress. Resilient people also have a strong sense of well-being and purpose.

Resilience is not:

- Only focused on trauma or adversity.
- Being happy.
- A skill some people just have. You can be resilient professionally but feel less resilient in your personal relationships. Or, you can go through times in your life where you feel less resilient than other periods.



## WHAT IS REFRAMING?

ReFraming helps identify your thoughts and beliefs about an event and carefully consider them to ensure a productive reaction. You can practice ReFraming by taking these steps:

1. Objectively describe the event.
2. Identify your **beliefs or thoughts** about the event.
  - Examples: I'm going to fail. I hate him. Nobody likes me.
3. Describe the **consequences** based on your beliefs; these are your feelings or behaviors about the event.
  - Examples: Anxiety, happiness, yelling, slamming the door
4. If your beliefs are harmful, **ReFrame** your thoughts to create new positive or productive consequences. Ask yourself:
  - How could I interpret the situation in a way that strengthens your relationships?
  - How could I interpret the situation in a way that will bring a productive emotional response?

## WHEN SHOULD I USE REFRAMING?

Consider ReFraming in the following situations:

- When you need a better understanding of why you reacted to an event a certain way.
- When you don't think your reactions were helpful in the situation.
- In the moment to slow down and analyze how your brain is driving your reactions. Sometimes, quick reactions can interfere with your goals or your relationships with others.

## HOW DOES REFRAMING HELP ME BE MORE RESILIENT?

ReFraming can help you respond to challenges positively by changing the way you think about them, which in turn makes you more resilient.



RESILIENCE



Spouse Resiliency  
TOOLKIT

## TRY IT: REFRAME

1. Event	2. Beliefs and Thoughts	3. Consequences	4. ReFrame
Describe the event.	Identify your beliefs or thoughts about the event.	Describe your feelings and behaviors about the event.	If your beliefs are harmful, how can you ReFrame your thoughts?
<i>I found out my group of friends went out to dinner last week without me.</i>	<i>Nobody likes me. I'm boring.</i>	<i>I feel angry, embarrassed, and worried.</i>	<i>It's not factual that nobody likes me. It's possible that my friends decided to go out at the last minute, and it's okay for me to miss out on events sometimes.</i>

## WHAT IS YOUR RESILIENCE ACTION PLAN (RAP)?

You are more likely to change your behavior if you commit to taking action now. Consider creating a RAP to help you become more resilient. Start now with actions you can take to integrate ReFraming into your life. Based on what you learned today, document what you should start doing, stop doing, and continue doing.

START DOING	STOP DOING	CONTINUE DOING