

move towards resiliency



In addition to our resources on mental health as well as professional mental health services, this booklet serves as a tool for youth to learn skills in order to strengthen their resiliency.

A full slate of mental health resources including links to support services and mental health toolkits can be found here:
www.cobbcollaborative.org/resources.

About Resilient Georgia

Resilient Georgia builds bridges between public and private partners across the state to create an integrated behavioral health network of services and resources for Georgia's children (0-26) and families. Resilient Georgia is among the only organizations focused on Adverse Childhood Experiences (ACEs) prevention and increasing trauma-informed awareness and care delivery through statewide coalitions.



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Resources

The six skills referenced in this booklet are the basis of the Community Resiliency Model (CRM)[®], developed by the Trauma Resource Institute, which has a goal of increasing your capacity to manage your nervous system, thus increasing pleasant sensations and your confidence so that you can handle the ups and downs of life.

DISCLAIMER: This booklet was created to be used as a tool and not as a way to diagnose yourself or others.

Resiliency Zone

Take a moment to give your attention to the sensations inside your body and mind. Find a quiet space and observe what you are sensing. Which emoji can you most relate to right now?

HIGH ZONE

- agitated or on edge
- high energy
- increased stress



OK/RESILIENT ZONE



LOW ZONE

- lack of interest/focus
- low energy
- depressed

Your **RESILIENT ZONE** is your “bounce back” zone, grounded in biology. It allows us to think clearly and make wise decisions. When in your resilient zone, you have learned how to get your body and mind to a peaceful, stable place.

Journal

What are five things that help you feel better when things are difficult?

1

2

3

4

5

When you find yourself in the High Zone or Low Zone, what things can you do to get yourself back into the Resilient Zone?

Check-In

HOW RESILIENT ARE YOU?

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ). For each question, score yourself between 1 and 5, where **1 = strongly disagree** and **5 = strongly agree**.

Be honest: understanding the specific areas in which you lack resilience will enable you to get the most out of our 10 point booster plan.

RESILIENCE QUESTIONNAIRE	SCORE
1. In a difficult spot, I turn at once to what can be done to put things right.	
2. I influence where I can, rather than worrying about what I can't influence.	
3. I don't take criticism personally.	
4. I generally manage to keep things in perspective.	
5. I am calm in a crisis.	
6. I'm good at finding solutions to problems.	
7. I wouldn't describe myself as an anxious person.	
8. I don't tend to avoid conflict.	
9. I try to control events rather than being a victim of circumstances.	
10. I trust my intuition.	
11. I manage my stress levels well.	
12. I feel confident and secure in my position.	
TOTAL	

0 - 37

A **developing** level of resilience. Your score indicates that, although you may not always feel at the mercy of events, you would in fact benefit significantly from developing aspects of your behavior.

38 - 43

An **established** level of resilience. Your score indicates that you may occasionally have tough days when you can't quite make things go your way, but you rarely feel ready to give up.

44 - 48

A **strong** level of resilience. Your above-average score indicates that you are pretty good at rolling with the punches and you have an impressive track record of turning setbacks into opportunities.

49 - 60

An **exceptional** level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back - whatever life throws at you. You believe in making your own luck.



Journal

How do you feel today?

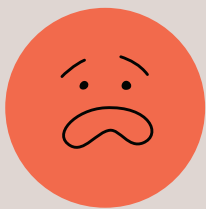
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Skill One: Tracking

Tracking is all about observing the sensations happening inside (ex. your heart rate, breathing, muscle tension) and noticing whether they are pleasant, unpleasant or neutral. Are you able to stay with those pleasant sensations?



ANGRY



WORRIED



DISGUSTED



SAD



TIRED



FINE



GOOD



AWESOME

Journal your observations of what you are currently sensing in your body and mind. Can you name what feeling it's provoking?

Skill Two: Resourcing

Any person, place, thing, memory or part of yourself that makes you feel calm, at peace or uplifted.



RESOURCE SYMBOL ACTIVITY

Identify a resource. **Draw** the resource.

List sensation words associated with the resource.

TEACHER - COUSIN - CRUNCHY FALL LEAVES - MY DOG

GRANDPARENTS - PLAYING A BOARD GAME - SUNSETS

BIRTHDAY CAKE - OCEAN WAVES - CLEAR BLUE SKIES -

BASKETBALL COURT - BED - MY CAT - VOLUNTEERING

TIP: Can't think of a resource?
Imagine one! What does that look like for you?



Skill Three: Grounding

WHAT IS GROUNDING?

Physical techniques to refocus on the present moment such as:

- Placing feet on even ground
- Noticing how body feels in present moment
- Guided breathing

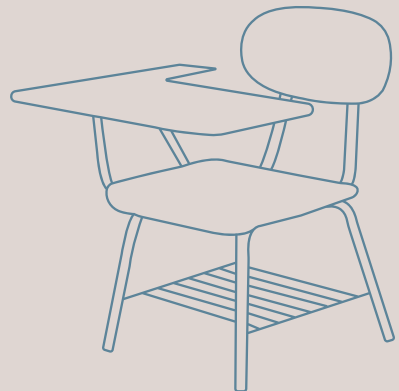


BOX BREATHING EXERCISE:

1. Breathe in for 4 seconds
2. Hold for 4 seconds
3. Breathe out for 4 seconds
4. Rest for 4 seconds

HOW TO GROUND IN SCHOOL:

- Practice box breathing
- Focus on the sensation of your body sitting in a chair
- Put your feet flat on the ground, centering your attention to how it feels
- Place your hands underneath your desk and gently push up (just watch out for gum 🤨)



Skill Four: Gesturing

Has anyone ever told you about
a nervous tic you have or facial
expressions you exhibit?

Name what your unconscious or self-soothing movement is:

the butterfly hug



- Cross arms to touch either hand to opposite arm
- Move hands up and down like wings of a butterfly
- Tap hands in rhythm

Skill Five: Help Now!

*Stuck in the High or Low Zone?
Just can't get out of your head?*

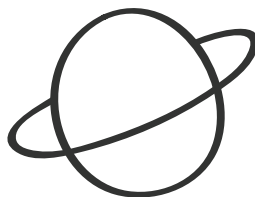
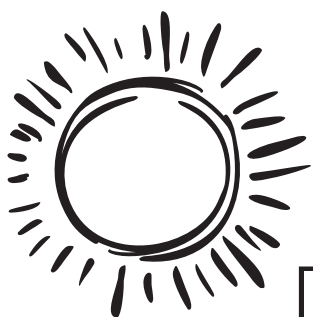
For moments when you're so mad you see red or you could burst into tears at any second, use these immediate strategies to reset and move back to your OK Zone.

INHALE a pleasant scent and note its qualities	COUNT backwards from 20	Hold an ice cube in one hand
Take a few sips of water	Say a positive statement or compliment yourself	Step outside and name things you HEAR
Put your phone down and FOCUS on breathing	Go for a walk	Name 6 colors you SEE around you
Write down 5 affirmations	FIND something pleasant in the room or outside and focus on sensations.	SQUEEZE a stress ball 10 times

Skill Six: Shift and Stay

Recognize Unpleasant Headspace,
Shift to Pleasant Headspace and Stay There

Color This In:



I WILL



GET

THROUGH

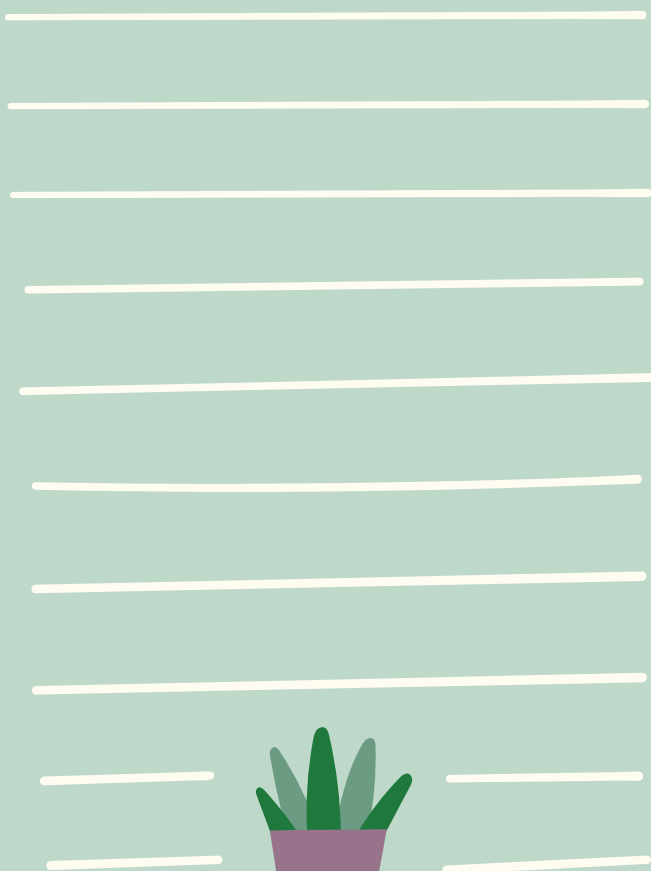
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You Can Be Resilient!

With these six skills, you can grow your resiliency so you are better prepared to face the ups and downs of life without getting stuck in the high and/or low zones. Being in those zones do not define you. Through these techniques, you can stay in the resilient zone more often, improving your ability to get through challenging moments.

Take some time to check-in with yourself again and notice how you're feeling now.



A large, light green rounded rectangle containing ten horizontal white lines for writing. At the bottom center of the rectangle is a small illustration of a green succulent in a purple pot.

Resources

iChill App:
CRM self-help skills



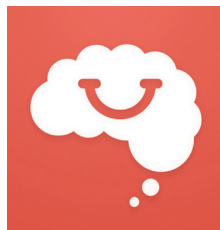
SAM App:
Self-help App for the Mind



MindShift App:
Take charge
of your anxiety



Smiling Mind App:
Mindfulness
and Meditation



*Please be mindful that these
apps are not meant to replace
professional help.*

(Your Webpage
QR Code Here)



**A RESOURCE DESIGNED BY COBB COLLABORATIVE,
IN PARTNERSHIP WITH COBB AND DOUGLAS PUBLIC HEALTH
AIMED AT BUILDING RESILIENCE IN YOUTH.**



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