

Resilience Quiz

True or false statements (please circle)

1. Resilience is about ignoring emotions	True/False
2. Resilience is something that you have or don't	True/False
3. Resilient people never get stressed	True/False
4. Resilient people never fail	True/False
5. Resilient people are able to communicate effectively	True/False
Additional Questions	
6. Resilient people are more likely to seek and ask for help if they need it	True/False
7. Being resilient helps make your problems go away	True/False
8. You can't be resilient if you have a mental health condition	True/False

Answers

1. Resilience is about ignoring emotions	False Resilience is about experiencing all of life's emotions and dealing with them. This includes how we deal with the more challenging emotions without being controlled or overwhelmed by them. Avoiding the more difficult emotions can decrease our resilience.
2. Resilience is something that you have or don't	False Resilience isn't a trait. The behaviours, thoughts and actions can be learned and developed by anyone at any time in their lives.
3. Resilient people never get stressed	False We all experience stress at times in our lives, including resilient people. Resilient people develop healthy coping strategies to get them through stressful times.
4. Resilient people never fail	False We all experience failure at times in our lives. Resilient people learn and grow from their failures. They look at what went wrong, ask for help and look for new solutions.
5. Resilient people are able to communicate	True

effectively	Resilient people are able to express feelings and thoughts and listen to those of others. They are more accepting and non-judgemental of others.
6. Resilient people are more likely to seek and ask for help if they need it	True Resilient people recognise and understand their strengths and weaknesses and are not afraid to ask for help.
7. Being resilient helps make you problems go away	False It wont make your problems go away but will give you the ability to deal with them in a healthy way and move on.
8. You can't be resilient if you have a mental health condition	False If you have a mental health condition, being resilient can improve your ability to cope.