

## **RESILIENCE SKILLS TO PUSH FORWARD**

### **# 4 of Ten Effective Living Skill Sets**

#### **Why Are Resilience Skills Important?**

Life is filled with its ups and downs. Resilience is the ability to bounce back from hard times. We often hear about persons traumatized developing PTSD. Most of us have not heard of people who have gone through trauma developing PTG. Yet there are a number of persons who develop Post Traumatic Growth following a traumatic event. They are ones who find meaning from the painful experience and come out stronger on the other side. This self-study will discuss skills that can help you to become a more resilient.

**Resilience Skills Are Helpful for Depression:** I often tell my clients suffering from depression that if we do what we feel like doing when we're depressed then our depression will worsen. It is my experience that there are four behaviors that tend to fuel depression. They are: 1) Inactivity, 2) Isolation, 3 Procrastination, and 4) Negative Thinking. Depression is complex and comes in different forms. I am not saying that these behaviors are the cause of depression, nor am I suggesting that there is no need for other treatments. I am suggesting that the following skills may prove helpful to many who are struggling to better manage their depression.

**SETTING REALISTIC DAILY GOALS:** Many depressed persons benefit from setting one or more daily goals and marking those goals off when completed. Please avoid setting too many goals or writing goals that require more effort than you can muster. Accomplishing goals often forces a person to be a little more active and to get something needed done that they would normally procrastinate doing.

**JUST DO IT SKILL:** It is often helpful to just do something that needs done. If you need a shower and don't feel like taking it one – then just do it. If you need to eat a light meal for nourishment and don't feel like eating – then just do it. If you need to talk with a friend – then just do it. Develop the practice of getting things done.

**GRATITUDE PRACTICE:** Gratitude can be an antidote for both depression and anxiety. It is difficult to worry as much when we are thankful for our blessings. The following are three simple ways to practice gratitude.

1. Write a gratitude list of things that you are most grateful for in your life.
2. Each day journal briefly about three new things that day for which you are thankful.
3. Write a gratitude letter to someone and deliver the letter to that person.

**BEST, WORST & MORE LIKELY SKILL:** This writing technique can help us reel in our catastrophic thinking by identifying extreme ideas and then seeing the likelihood that a less extreme thought is more likely to be true. See how Mike uses this after taking his final test in history to lessen his worry thoughts.

Step 1: Write your worst fear down on paper. Example: *I probably flunked my final after caring a B all semester and will fail history.*

Step 2: Write down the best possible thought. Example: *I got the highest score in my class on the final and I'm sure my professor will give me an A.*

Step 3: Write down the more probable. Example: *There is a good chance that I made a B or C on the final and I will probably get a B for the semester.*

## RESILIENCE SKILLS TO PUSH FORWARD REQUIREMENTS

# 4 of Ten Effective Living Skills

### Self Study Requirements

**Explanation:** To become proficient at any skill, it is important to practice that skill numerous times. You will need to meet the following requirements to earn a completion certificate for the **RESILIENCE SKILLS TO PUSH FORWARD** Skill Set.

#### SETTING REALISTIC DAILY GOALS

**Requirement:** You will need to write down and check off at least three goals you have chosen for that day. If you are severely depressed, make the goals easier to accomplish.

Dates you achieved at least three goals you had written for that day.

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#### JUST DO IT SKILL

**Requirement:** When you are starting to put off something you need to do, stop and make a commitment to do it. Then do it as soon as possible.

Dates on which you intentionally did at least one thing that was important to do instead of putting it off.

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#### GRATITUDE PRACTICE SKILL

**Requirement:** Write out a gratitude list the first day of things you are most grateful to have. Then write at least three new things you are grateful on four more days.

Dates you practiced gratitude as described above.

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#### BEST, WORST & MORE LIKELY SKILL

**Requirement:** Intentionally write out the best, worst & more likely when you are worrying or concerned about something and begin to ruminate. This will help you to find a middle path.

Dates you practiced using the above skill at least once.

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On \_\_\_\_\_ I successfully completed all of the above requirements to earn my  
complete date  
completion award for the **RESILIENCE SKILLS TO PUSH FORWARD**

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