



# RESILIENT SOLDIERS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

**Resilient Soldiers** deal with difficult events that change their lives.

➤ **Ask Soldiers** what their difficult events/challenges are

Examples: (1) Death of Battle Buddy, (2) physical and emotional challenges of deployment/garrison, (3) separation from Family/Friends, (4) break-up, (5) death of Family member, legal issues, finances, health problems

Some Soldiers react to these challenges negatively, while many react in very adaptable ways and develop what's called resilience –

**ASK SOLDIERS FOR THEIR DEFINITION OF RESILIENCE AND FOR**

**PERSONAL EXAMPLES...**before you give them **the schoolhouse definition: Resilience is the ability to recover and adapt well from the face of adversity, trauma, illness, changes or misfortunes**

Soldier resilience is associated with a combination of factors which include: Sense of belonging in the troop/unit – Capacity to connect with other Soldiers – Having inner strength for facing adverse conditions

Having caring, healthy, support relationships within and outside of family – Positive view of self and capacity to manage strong feelings and impulses – **What are some other factors associated with resilience?** Each Soldier will react to difficult events in different ways.

There are many ways to **build resilience**, such as:

Reaching out to unit members – Accepting support from other Soldiers, Family members and friends – Being active in unit activities – Joining support groups/chapel organizations or other groups – Accepting and **facing your fears** – Maintaining **realistic optimism** – Believing in your ability to **survive and function** – Believing and **standing on your training!** knowing you have the ability to **handle adversity** – Keep in shape...diet, rest, exercise – **Be Willing to Access Social Support**

All of the above strategies are consistent with our **ARMY VALUES**

**Have Soldiers share personal experiences and how they overcame...what were the strategies they used to recover?**