

Health and well-being

TOOLS AND TESTS

HOW RESILIENT AM I?

The first step in building your resilience is to understand how you see yourself. Scoring yourself against specific statements can assist you in thinking about how you approach everyday situations. The results can identify your strengths and development needs more clearly and will help you decide how resilient you are. Please rate yourself on each of the following statements using a scale of 1 (not at all) to 10 (all the time).

I see myself as someone who:

1	Is flexible and adaptable	
2	Is not afraid to try something different	
3	Knows what I want to achieve	
4	Is realistically optimistic and hopeful	
5	Has good problem solving skills	
6	Is independent and does not mind working by myself	
7	Learns well from experience	
8	Listens to others and aims to understand what they are talking about	
9	Has a good sense of humour	
10	Actively looks for solutions to problems	
11	Has friends and colleagues who can provide me with the emotional support I need	
12	Has good decision making skills	
13	Has healthy expectations of myself	
14	Is creative	
15	Is open to new ideas	
16	Accepts myself and has self esteem	
17	Has the ability to stay calm under pressure	
18	Respects the different perspectives of others around me	
19	Is a good planner and follows through on the plans that I make	
20	Pays attention to my well-being	
21	Believes I can influence / control the direction of my life	
22	Has good skills and still want to learn	
23	Knows myself very well	
24	Can be relied on	
25	Can ask for help and support	
	Add your scores together to get an overall score, however, each statement will tell you more about yourself and your capacity to be resilient.	

Contact LifeCraft for more information on running a range of workshops that support resilience in your organisation.

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About this quiz

Differences are normal from one person to the next, as well as differences over time and between situations for any given individual. Nevertheless, you should find the rating scale insightful, suggesting areas for future focus and development to build resiliency skills. The highest score possible is 250 and the lowest score is 25.

Interpreting Your Score:

175 or higher: You are already resilient in a number of areas, though are aware of the need to constantly practice yours skills. You have qualities that allow you to keep problems and change in perspective and coping skills to support you through difficult circumstances and challenges.

125 - 175: You are doing reasonably well. You have a good approach to change and stress along with an understanding that often the main things that we worry about do not happen for long. Ensure that you practice yours skills and look for development opportunities whereby you can continue towards greater resilience.

75 - 125: You know and practice some attitudes and skills that support resilience but do need to spend more time on development opportunities to support you on your journey towards greater resilience.

75 or under: You may already recognise that there is a negative impact on yourself and those around you through a lack of resilience skills. It would be beneficial to plan how you can develop your resiliency skills and take action in starting your journey.

This simple survey will have alerted you to various factors, attitudes or abilities that together comprise resilience. It will give you an idea of which resilience skills you need to pay particular attention to in order to make the best use of your time and to boost the resilience factors that are most important to you.

Resilience starts on the inside, in your head. But it works outwards as you apply the attitudes and skills you develop to both professional and personal situations, your challenges, and your relationships with colleagues, friends and family.

Resilience is best understood as a process, most research now shows that resilience is the result of how individuals interact with their environment and the processes that either promote well-being or protect them against the overwhelming influence of risk factors. These processes can be individual coping strategies, or may be helped along by good support networks that make resilience more likely to occur. In this sense "resilience" occurs when there are cumulative "protective factors".