

## Unit 3.1 What is Resilience?

### Resilience Tool Presentation Questions & Plan

We all have tools that we use to lower anxiety and reduce stress in our lives. These tools could be things like listening to music, meditation, exercising, etc. Please think of something that reduces stress in your life and answer the questions below.

**Student Name:**

**Date of Demonstration to Class:**

1. Describe the tool you use to reduce stress or anxiety: What is it? (Song, poem, meditation, sport.)
2. How long have you been using the tool? (1 month, 5 years, etc.)
3. What made you start using the tool? What do you like about it?
4. How often do you use it? (Every day, once a week, whenever I need it)
5. Is it a tool that you can use anywhere? (Must be a quiet space, need other people to use it)
6. Did you have to buy anything to use the tool? (An app, internet, clothing for sport)
7. Do you use the tool alone or do you include someone else when you use it?
8. How can you know that the tool works for increasing your ability to bounce back from life's challenges?
9. How do you measure its effectiveness? (Feel happier more often, heart rate decreases, increased motivation, less conflicts with others, sleep improves, less panic attacks, etc.)

Now that you have answered the above questions, you will put all your information into a PowerPoint slideshow so that you will be prepared to present your resiliency tool to the class!

