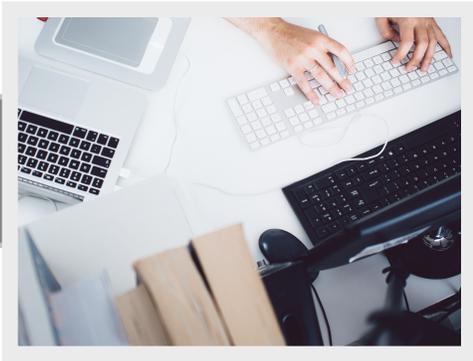


# AWARENESS ACTIVITY 2: Identifying Resiliency Asset Practices



Read through the following list of Resiliency Asset Practices.. Identify to which Resiliency Asset each practice corresponds: **R** (Relationship,) **P** (Professional,) : **AT** (Attitudinal), **E** (Emotional Intelligence), and **AD** (Adaptation practices).

- Spend time around people who inspire and lift you up
- Ask questions from a knowledgeable colleague or leader
- Choose to find at least a few positives in a difficult situation
- Pay attention to the feelings of others before responding
- Reduce sources of strain where possible
- Get a strained relationship back on track
- Consult experienced colleagues on how they solve specific types of problems
- Instead of assigning blame decide what needs to be done to move forward
- Listen, ask questions and reflect the feelings of others
- Learn new coping strategies to address areas of stress
- Be willing to apologize to others when we have erred
- Pursue training to prepare for new work-related tasks
- Challenge assumptions or beliefs about "not being able to do something"
- Be mindful about the how our words may impact others
- Clarify areas of anticipated change or transition
- Forgive the mistakes of others
- Make plans to meet training standards or professional requirements
- Use your passion to energize or motivate others
- Use I statements when expressing our own thoughts and feelings
- Collaborate with team members to make plans for upcoming changes in work-related routines
- Take the first step to express kindness even when it may not be immediately returned
- Take advantage of accessible learning opportunities
- Reframe obstacles as opportunities for action
- Be aware of our own reactions to specific situations
- Break problems into smaller parts and solve one challenge at a time
- Take a meal to a colleague who is ill
- Attend conferences to meet colleagues from other organizations
- Plan small step successes to boost the morale of the team
- Take a break when things seem overwhelming in order to regain perspectives
- Make a plan to eat healthier or to increase physical activity