

**Skill 12: Character Strengths**

When we approach problems using skills we are good at, it can increase our energy, motivation and success! Use this link to find out what your strengths are: <https://www.viacharacter.org/survey/account/register>

**Skill 13: Assertive Communication**

Communication should be:
 - Confident not cocky
 - Clear not vague
 - Controlled not chaotic or crazy

**Skill 14: Active Constructive Responding & Effective Praise**

When communicating with others, show genuine interest and ask follow-up questions without negativity or judgement.

**Skill 9: Put it in Perspective (PIIP)**

When problems or thoughts overwhelm us, we can focus only on those things. To help stop this, try to think of a positive emotion or thought – even if it seems crazy!

**Skill 10: Mental Games**

Use things like number games,
alphabet games, or thinking
about lyrics to your favorite songs
to break-up counterproductive thinking.

**Skill 11: Real-Time Resilience (RTR)**

When confronted with a challenge or problem, consider the following thinking prompts:

* A more positive way of thing this is…
* That is not completely true because…
* The most likely thing to happen is…

**Skill 4: Energy Management**

Focus on deep breathing to help you pause, think and positively manage your energy. Inhale counting to 5, then exhale counting to 5. Repeat!

**Skill 5: Avoiding Thinking Traps**

When experiencing a heat-of-the-moment thought, break-up the negative thinking by using a mental reminder and asking reflective questions.

**Skill 6: Detecting Icebergs**

When the consequences from
our actions do not always
make sense, it may be due
to an ‘iceberg’ or core
value/core belief. When this happens, pause and ask yourself reflective questions like: “What caused me to react the way I did?”

**…Bouncing Back When Times Get Tough!**

**Skill 1: Hunt the Good Stuff**

Take time each day to think
about or list at least three
good things that happened
to you!

**Skill 2: Goal Setting**

Goals require action! What is something you want to achieve, and
what steps will be required
to achieve your goal?

**Skill 3: ATC**

 **Events**

 **Thoughts**

 **Consequences**

When we learn to regulate our thoughts and responses, we can often avoid negative consequences!

**Skill 7: Confirmation Bias**

What we see is what we get! This happens when we search for evidence to support our beliefs. Avoid this by examining the evidence – is it Velcro or Teflon?

**Skill 8: Problem Solving**

When confronted with a problem, pause to consider the following:

1. What is the problem?
2. Why is the problem happening?
3. What caused the problem?
4. What evidence supports
this?
5. What is the real
cause of the problem?
6. What can I do to avoid
the problem in the future?

**ARNG CYS: It’s More Than A Program, It’s A Promise!**

What is **RESILIENCE**?

Resilience is our ability to bounce back when faced with a challenge or tough situation.

Why is **RESILIENCE** important?

Resilient people are better able to cope with stress, maintain a positive mindset and experience increased success in what they do.

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**MRT POCKET GUIDE:**