



TEEN RESILIENCE DURING QUARANTINE

A WORKBOOK FOR TEENS AND PRETEENS WHO WANT TO
OVERCOME THE CHALLENGES ASSOCIATED WITH COVID-19,
WHILE CAPITALIZING ON OPPORTUNITIES TO GROW AS A
FAMILY

DESIGNED BY:
FORT BLISS R2 PERFORMANCE CENTER
BROUGHT TO YOU BY:
NEW FORT LEE R2 PERFORMANCE CENTER ***NEW***



WELCOME!



Welcome to the Teen Resilience Workbook!

The Ready and Resilient (R2) mission is to help Soldiers, Family Members, and DA Civilians learn mental and emotional skills that will allow them to live a resilient life. Our mission is to help you perform better under pressure, to effectively manage life's stressors, and to thrive in your relationships, communities, and personal life.

This workbook was designed to help you build and maintain your resilience while you spend more time at home with your families due to COVID-19. We recognize that this situation poses unique challenges and opportunities. We designed this workbook to help maximize your time by building stronger connections, becoming more self-aware, and learning skills that will help you overcome challenges.

Some skills and activities are designed to be done alone, while others will serve as a great opportunity to connect and learn more about those you care about.

We hope that you enjoy the workbook and take advantage of this opportunity to strengthen your mental toughness.

- Fort Lee R2 Performance Center



WHAT IS RESILIENCE?

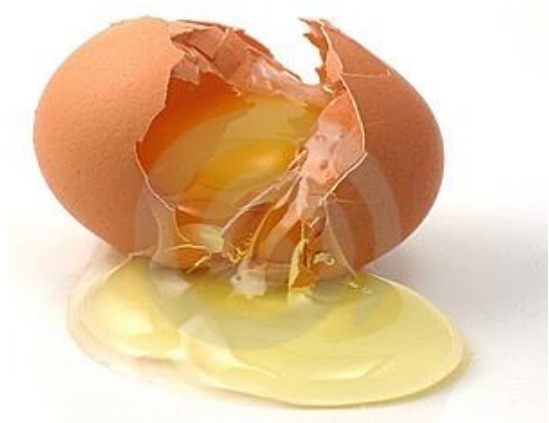


Resilience is the ability to **grow** and **thrive** in the face of challenges and **bounce back** from adversity.

You



Not You



When you hear the word resilience, what are the first 3 words you think of?

- Bouncy

- Strong

- Messy



WHAT IS RESILIENCE?



Resilience Facts

Resilient people know when and how to express emotion

Asking for help is a resilient strategy

Resilience isn't always pretty

Everyone can develop resilience

What are 3 ways that you have already been resilient during this challenging time?

1. _____

2. _____

3. _____



RESILIENCE COMPETENCIES



1. Self-Awareness:

Reflecting on how you think,
feel, and act



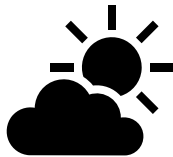
2. Self-Regulation:

Keeping your emotions
and actions in check



3. Optimism:

Maintaining a hopeful
and realistic outlook



4. Mental Agility:

Being flexible and accurate
in the way you think



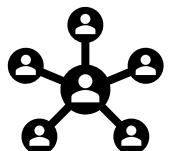
5. Strengths of Character:

Know your strengths and
how to use them



6. Connection:

Building and maintaining
strong relationships





COMPETENCIES



Name one core competency you think you are STRONG in and WHY:

Competency: _____

Why I am strong in this competency:

Name one core competency you think you NEED IMPROVEMENT in and WHY:

Competency: _____

Why I need improvement in this competency:
