

Resiliency Self-Assessment

The purpose of this inventory is to assess how specific coping strategies help maintain resiliency in different situations. There can be benefits to consciously managing different levels & types of stress based on past experience with what works for you. The assessment can also help you identify “growth areas” like developing a more robust support system or better self-care routines.

1. Circle 5-6 factors that most account for your own “resiliency”, defined as *the ability to endure or bounce back from (high levels or persistent) stress*.
2. On a scale of 1 (lowest) to 5 (highest), rate the importance of each designated factor:
 - * In day-to-day life
 - * In relation to any occupational traumatic exposure
 - * During periods of exacerbated stress

<i>Factor</i>	<i>Day-to-Day</i>	<i>Occupational</i>	<i>High Stress</i>
1. Ability to compartmentalize			
2. Flexibility, adaptability			
3. Self-willed “mental toughness”			
4. Mission focus/operational mindset			
5. High goal orientation			
6. Steadiness under pressure			
7. Emotional self-awareness			
8. Learning from experience			
9. Dedicated self-care			
10. Spiritual beliefs or practices			
11. Using your support systems			
12. Focus on ideals (e.g., fairness, justice)			
13. Focus on altruism (e.g., protecting others)			
14. Gratitude, appreciation			
15. Sense of Humor			
16. Other _____			