

ACTIVITY SHEET #1

MY RESILIENCE SELF-ASSESSMENT

Before progressing to learning about the skills and strategies that you can apply to develop your resilience, you must first take some time to assess your resilience so you can reflect on the extent to which your current coping skills are effective in dealing with life's stressors and difficulties.

This quiz is designed to provide you with a general snapshot of the effectiveness of your current style of responding to difficulties. This quiz is not designed to be a comprehensive assessment of your resilience.

Read each scenario presented below and select how you believe you would most likely respond in that situation. You will then receive some information on how effective your current ability is in responding resiliently to life's challenges.

01 **You feel your workload is increasingly more difficult to manage. You are becoming more and more stressed and can't see it changing anytime soon. Do you:**

- A Tell yourself that it will pass and if you just push through, you'll get on top of it soon enough.
- B Take time to realistically plan and prioritise your workload, then meet with your manager to agree on the plan and ways of adjusting the ongoing expectations of your role.
- C Take some annual leave to recharge and de-stress so you can get on top of everything with a renewed sense of energy.

02 **You receive some unflattering feedback during a performance review discussion. Do you:**

- A Feel uncomfortable to receive the feedback and ask for more detail on why you are perceived this way. You contact a trusted colleague to discuss the merits or otherwise of the feedback and any ways in which you could develop in this respect.
- B You dismiss it as not valid. It is not at all your perspective and you can't see any examples of how it could be true. You give no further thought to it.
- C You are surprised because this is not how you see yourself. It bothers you that someone would see you this way, and hope others don't. You remind yourself that the person providing the feedback doesn't know you all that well.

03 **You are having an interpersonal conflict with someone you work with day-to-day. You find them very difficult to work with and it's taking a lot of enjoyment out of your job. Do you:**

- A Start looking for a new role, even though it's a job you really like.
- B Do your best to manage your frustration and either avoid or minimise any contact with the person.
- C Decide to take this as an opportunity to learn and grow. You calmly and constructively try and work the issues through with the person. After your best effort, if this doesn't work out, you explore and implement all other options and take action to resolve.

04 **One of your very close and respected friends says that they are worried about your health. They suggests you may need to make some lifestyle changes – or you'll be a statistic! How do you respond?**

- A You scoff and say "Thanks, but I'm fine!"
- B You can see where they are coming from and say you'll give it some consideration. You put a "make appointment with a GP" on your extensive "To-Do-List" as a starting point.
- C On honest reflection you know they are right. You book into your GP and commit to a 30-minute walk three times a week to get started on doing some exercise.

05

You don't receive a new and exciting opportunity that was aligned with your career goals and that you felt you were perfect for. You:



- A Self-reflect and seek feedback to help you figure out what you need to do to make you more competitive and plan out a way to reach your goal – no matter what!
- B Continue to strive for some new roles but lower your expectations.
- C Decide that you are obviously not cut out for it and firmly decide to not put yourself out there again for other opportunities.

06

You are under financial pressure. How do you respond?

- A You worry about it a lot and cross your fingers for an improvement in your income soon.
- B You review/get support to review your income and expenses. You implement a budget and makes some changes that takes just a bit of the financial pressure off.
- C You go and talk with you work about a pay rise and apply for jobs with a higher salary.

**Well done! You've finished the quiz!
Now add up all your points and calculate your result!**

Question #	Answer A	Answer B	Answer C	Your Points
1	0 Points	2 Points	1 Point	
2	2 Points	0 Points	1 Point	
3	1 Point	0 Points	2 Points	
4	0 Points	1 Point	2 Points	
5	2 Points	1 Point	0 Points	
6	0 Points	2 Points	1 Point	
			Your Total	

RESULT SCORES

Score 0-4 Your quiz result indicates that applying the knowledge and skills in the Building Resilience eLearning course will greatly improve your ability to respond with resilience to life's difficulties.

Score 5-8 Your quiz results indicate that while your resilience skills are good, applying the knowledge and skills in the Building Resilience eLearning course will add to your developing toolkit of responding with resilience to life's difficulties.

Score 9-12 Your quiz results indicate that your resilience skills are well developed and applying the knowledge and skills in the Building Resilience eLearning course will add to your already high level of responding with resilience to life's difficulties.

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.

