

When "Suck It Up" Doesn't Work

What is your **RESILIENCE** score?

Rate yourself on the following:

1 = very little to 5 = very strong

1	2	3	4	5	In a crisis or chaotic situation, I calm myself and focus on taking useful actions.
1	2	3	4	5	I'm usually optimistic. I see difficulties as temporary and expect to overcome them.
1	2	3	4	5	I can tolerate high levels of ambiguity and uncertainty about situations.
1	2	3	4	5	I adapt quickly to new developments. I'm good at bouncing back from difficulties.
1	2	3	4	5	I'm playful. I find the humor in rough situations, and can laugh at myself.
1	2	3	4	5	I'm able to recover emotionally from losses and setbacks. I have friends I can talk with. I can express my feelings to others and ask for help. Feelings of anger, loss and discouragement don't last long.
1	2	3	4	5	I feel self-confident, appreciate myself and have a healthy concept of who I am.
1	2	3	4	5	I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things.
1	2	3	4	5	I learn valuable lessons from my experiences and from the experiences of others.
1	2	3	4	5	I'm good at solving problems. I can use analytical logic, be creative, or use practical common sense.
1	2	3	4	5	I'm good at making things work well. I'm often asked to lead groups and projects.
1	2	3	4	5	I'm very flexible. I feel comfortable with my paradoxical complexity. I'm optimistic and pessimistic, trusting and cautious, unselfish and selfish, and so forth.
1	2	3	4	5	I'm always myself, but I've noticed that I'm different in different situations.
1	2	3	4	5	I prefer to work without a written job description. I'm more effective when I'm free to do what I think is best in each situation.
1	2	3	4	5	I "read" people well and trust my intuition.
1	2	3	4	5	I'm a good listener. I have good empathy skills.
1	2	3	4	5	I'm non-judgmental about others and adapt to people's different personality styles.
1	2	3	4	5	I'm very durable. I hold up well during tough times. I have an independent spirit underneath my cooperative way of working with others.
1	2	3	4	5	I've been made stronger and better by difficult experiences.
1	2	3	4	5	I've converted misfortune into good luck and found benefits in bad experiences.

The Resiliency Quiz: Dr. Al Siebert, *The Resiliency Advantage*

Defining "Suck It Up"

What is a Personally Disturbing Incident (PDI)?

Top FIVE PDIs

What is TRAUMATIC STRESS?

INDICATORS of Traumatic Stress

**PSYCHOLOGICAL IMPLICATIONS
of Providing Emergency Services**

The OPTIMAL COPING METHODS

P_____ Fitness	B_____ Fitness	M_____ Compass
R_____ Model	S_____ Support	F_____ & S_____
Positive R_____		

COPING METHODS utilized

Changing the “Suck it up” Mindset

The DETRIMENTAL COPING METHODS

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This presentation was developed using the following resources:

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