



Discussion Questions on Resilience

June 2023

Possible Introduction to the topic: [What Does Resilience Mean?](#)

(3 minute YouTube video defining resilience.)

1. What strategies have you used to get thru difficult challenges in the past?
2. Can you use skills that have gotten you through other hardships to handle your current challenges?
3. When dealing with hardships, do you find ways to think about what you are grateful for? If you do, is it a helpful tool?
4. Do you make time for enjoyable hobbies and activities? Why or why not?
5. What can you do to bring more joy to your life?
6. Have you tried stress-reducing tools such as therapy, meditation or biofeedback? If yes, have any of these tools been helpful?
7. Sleep can affect pain and mental health. What are some ways you could improve your sleep habits?
8. What are tools you use to pace yourself?
9. Mindfulness means you are focused on 'now' and not problems of the past or potential problems that lay ahead.
What are ways you practice mindfulness?