

Name: \_\_\_\_\_ Class: \_\_\_\_\_

# Characteristics of Resilient People

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*How do people successfully rebound from the challenges they face in everyday life? This informational text discusses the characteristics that resilient people have in common. As you read, take notes on how a person can increase their resilience.*

- [1] Resilience is the ability to bounce back from difficult times in life. Resilience emerges from the lessons and skills we learn as we grow up and face our difficulties, whatever they may be. Why is resilience important? Because if you are resilient, you will be able to face, overcome and even be strengthened by the challenges and problems in your life. Resilience doesn't solve all of our problems, but it will help you cope, adjust and stay on your feet. There are many ways to boost your resilience — read on to learn more about what characteristics resilient people share.



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## Support network

It really doesn't matter who has your back in life – parents, friends, relatives, teachers, coaches — the point is that having a solid support system is a very important part of resilience. The people in your support system will give you understanding, guidance, and comfort when you're struggling with a problem. It is good to learn to ask for help from the people who support you.

## Give back

It may seem odd to suggest that giving to others helps you get through your own problems, but keeping up your commitments (to yourself, family, friends), or a commitment to a cause (like volunteering) are very helpful ways to take the focus off your problems. Helping others helps expand your life skills and problem-solving abilities. Also, giving back to yourself is helpful — taking good care of your health or treating yourself to something nice are soothing ways to take the focus off stressful emotions.

## Don't give in

Resilient people learn to accept emotional pain and stress as part of life – they don't allow their difficulties to define them. A resilient person would avoid feeling sorry for themselves. Instead, they recognize their feelings, acknowledge the problems that they're facing, trust that they have the ability to face their problems, and believe they have the strength to maintain their emotional balance.

## Accept change

- [5] Accepting the fact that some things change is a basic part of resilience. When your goals, plans, ideas or hopes are ruined because of unavoidable circumstances, a flexible and positive attitude will allow you to focus on new plans or new hopes. If you accept the things you can't change or control, you're free to put your effort into the things you can change and control.

## Choose your attitude

Most of the time, you don't get to choose the obstacles and difficulties that life puts in your path, but it's good to remember that you get to choose your attitude toward adversity. During hard times, it's helpful to find something positive to think about and imagine a positive outcome. Even if you don't have all the answers and even if the solution to your problems isn't obvious, you can choose to believe that things will work out. You can tell yourself that your problems are manageable. You can choose to see yourself as a fighter, not a victim.

## Keep it in perspective

When a resilient person faces adversity, they're likely to avoid making things worse by jumping to extremes. Resilient people tell themselves that their troubles won't last forever. They don't see every bump in the road as a catastrophe; they understand that things can't be perfect and they have realistic expectations of themselves and what they can achieve.

## Humor

You might have heard that "laughter is the best medicine." And really, if you are able to laugh at yourself and laugh with others, you will lighten your load and lighten up! Laughter and humor are wonderful ways to connect to others. They help release the feeling of stress that adversity causes you. Laughter is also good for your body – it changes your body's response to stress.

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## Text-Dependent Questions

**Directions:** For the following questions, choose the best answer or respond in complete sentences.

1. PART A: Which statement best expresses the central idea of the text?
  - A. Resiliency is the key to problem-solving for most people.
  - B. People are able to avoid tough situations because of resilience.
  - C. Life lessons provide people with different amounts of resiliency.
  - D. Resilient people possess qualities that enable them to overcome challenges.
  
2. PART B: Which detail from the text best supports the answer to Part A?
  - A. "There are many ways to boost your resilience - read on to learn more about what characteristics resilient people share." (Paragraph 1)
  - B. "It really doesn't matter who has your back in life - parents, friends, relatives, teachers, coaches - the point is that having a solid support system is a very important part of resilience." (Paragraph 2)
  - C. "Even if you don't have all the answers and even if the solution to your problems isn't obvious, you can choose to believe that things will work out." (Paragraph 6)
  - D. "And really, if you are able to laugh at yourself and laugh with others, you will lighten your load and lighten up!" (Paragraph 8)
  
3. What connection does the author draw between resiliency and struggle?
  - A. Resilient people are seldom able to help others because they do not understand struggle.
  - B. People who are resilient struggle because they feel sorry for themselves and others.
  - C. Resilient people avoid struggle because they are able to laugh at themselves.
  - D. People who are resilient are able to power through the struggles they face.
  
4. How does the author support the idea that the ongoing development of resilience is necessary?
  - A. "Because if you are resilient, you will be able to face, overcome and even be strengthened by the challenges and problems in your life." (Paragraph 1)
  - B. "If you accept the things you can't change or control, you're free to put your effort into the things you can change and control." (Paragraph 5)
  - C. "Resilient people tell themselves that their troubles won't last forever." (Paragraph 7)
  - D. "Laughter is also good for your body - it changes your body's response to stress." (Paragraph 8)
  
5. What is the author's purpose in paragraph 1?
  - A. to provide readers with a definition of resiliency
  - B. to demonstrate that resiliency can be found in everyday life
  - C. to persuade readers that resiliency is necessary for success
  - D. to argue the importance of resiliency for people as they grow up

