



## Resilience: What is standing in your way?

Andrew Pueschel, PhD

[pueschel@ohio.edu](mailto:pueschel@ohio.edu)

### 6 Steps to Success

Step	Element of Resilience	Action	Question to ask yourself
1	Making good choices	Identify a goal you have for the future	What do you want to achieve? When do you want to achieve your goal?
2	Managing adversity	Brainstorm possible roadblocks to achieving your goal	What is going to stand in your way?
3	Believing in oneself	For EACH roadblock, what are the available AND additional <b>INTERNAL</b> resources needed to be successful?	What traits to you have that will make this successful? What traits or skills do you need to possess before you move forward?
4	Effectively using surrounding opportunities	For EACH roadblock, what are the available AND additional <b>EXTERNAL</b> resources need to be successful?	What else do you need to achieve your goal?
5	Managing adversity	Imagine possible outcomes (positive and/or negative)	What are the possible outcomes that could result from trying to achieve this goal?
6	Making good choices	Revisit your goal again	Is the goal worth (to you) the effort needed to achieve what you set out to do?

### Resources

Ohio University

<https://www.ohio.edu/stressless>

American Psychological Association

<https://www.apa.org/topics/resilience>

Harvard Health Publishing

<https://www.health.harvard.edu/mind-and-mood/ramp-up-your-resilience>

Psychology Today

<https://www.psychologytoday.com/intl/basics/resilience>

“The Impact of Resilience Among Older Adults” (MacLeod et al., 2016)

<https://doi.org/10.1016/j.gerinurse.2016.02.014>