

Resilience Mad Lib

Resilience is the ability to recover from stress despite challenging life events that otherwise would overwhelm a person's normal ability to cope with that stress (Smith et al., 2008). For more information on resilience, visit our website [here](#). Below you will find an activity to do with your class to help them work through a challenging event in their life.

Send students a digital copy of the resilience Mad Lib. Have students complete in class or bring a completed version to class. Then break students up into small groups/Zoom break out rooms to discuss activity. You may have students come together as a class to debrief as a whole.

Part One

One time that I failed or was rejected was _____.
(experience)

I felt _____, _____, and _____.
(emotion) (emotion) (emotion)

I really had to re-think a lot in my life such as _____.
(future plans, family, work, values, etc.)

I reached out to _____ for support.
(people, organizations, etc.)

After this event, one of the **unhelpful** things I did was _____.
(behavior)

I did some **helpful** things too, such as _____,
(behavior)

_____, and _____.
(behavior) (behavior)



Part Two

_____ Rank how devastating the event felt at the time on a scale of 1-10 (1 being not at all devastating and 10 being extremely devastating)

_____ Rank how devastating the event feels now on a scale of 1-10 (1 being not at all devastating and 10 being extremely devastating)

Part Three

Now that the event has passed, I've had some time to think about it. In the future, if I experience failure or rejection again, I will do less (of) _____ and more (of)

_____.

EMOTIONS

GUILTY

CONFUSED

ANGRY

EXHAUSTED

CAUTIOUS

LONELY

ANXIOUS

EMBARRASSED

OVERWHELMED

ASHAMED

FRUSTRATED

UNHEALTHY BEHAVIORS

UNDER/OVERSLEPT

UNDER/OVERATE

SMOKED

ALCOHOL/DRUGS

ISOLATED MYSELF

BECAME PESTIMISTIC

DESTROYED PROPERTY



The University of Texas at Austin

Longhorn Wellness Center

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PEOPLE/ORGANIZATIONS

HELP HOTLINES

PARENTS

SIBLINGS AND RELATIVES

STUDENT GROUPS

SUPPORT GROUPS

COUNSELORS

TEACHERS

FRIENDS

CLASSMATES

HEALTHY BEHAVIORS

TALKED IT OUT (VENT)

EXERCISE

MAKE A PLAN

RESTED and RECHARGED

MADE PEACE

CRIED

DID A FUN ACTIVITY

LISTENED TO MUSIC



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