



RESILIENCY



U.S. AIR FORCE

What is Resiliency?

Resilience: “Is the ability to withstand, recover and/or grow in the face of stressors and changing demands.”

Source: Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

Good resilience is like a rubber band...

Bouncing back is good adjustment and a great way to handle life!



Resiliency usually leads to good outcomes!

We all have Resiliency!

Ability to bounce back from difficulties!

Rebounding, springing back and recovering quickly

Resilience is common, ordinary and normal!



Coach Vince Lombardi



“It is not whether you get knocked down. It’s whether you get up again...”

Secrets of Resilient Persons

Resilient Airmen make good Wingmen

Friends, family,
Wingmen for
support

Take
Responsibility

Use positive and
empowering
attitudes

Bounce
back, move
ahead and
forward





Positive Orientation

Focus upon positives such as gratitude, blessings, delights, interests, and love

Cope with hard times through laughter, humor and fun!!

Make time to play & have fun!

Increase contacts & support from important people in your life – like your Wingman!

Dead End



- Avoid unpleasant memories, thoughts and feelings
- Repress negative feelings
- Negatives tend to keep you stuck and make it difficult to rebound...

Road to Resiliency

Lots of pathways to
resilience!

Need multiple
positive ways to cope
with setbacks,
disappointments &
difficulties



Self-Confidence
helps to handle it!

Rebound every
day!

Move Ahead



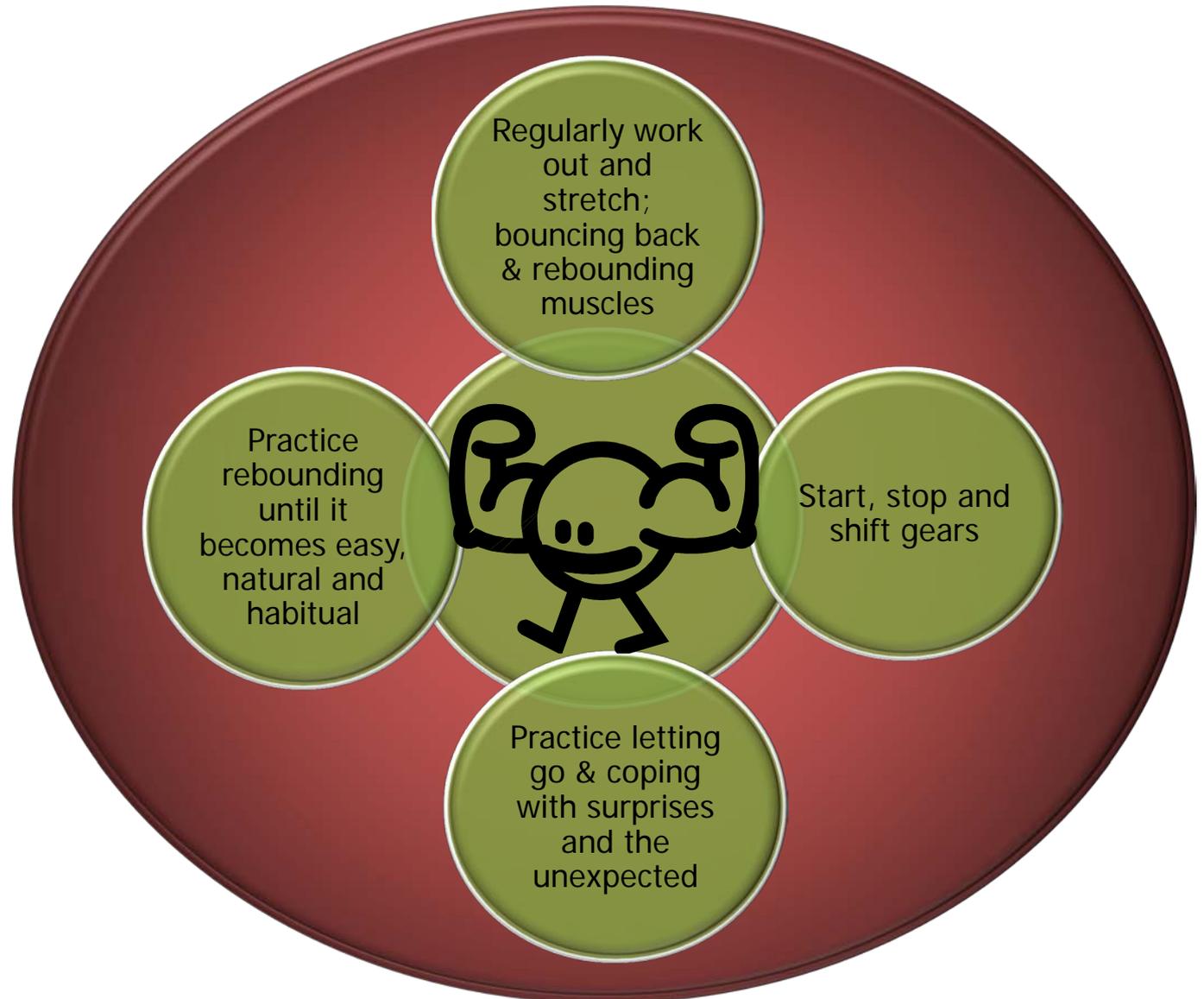
Focus on the future
rather than dwell
on past

May become
preoccupied and
stuck with past and
unable to move
on...

Learn from what
you've gone
through...

Look ahead & plan
for the next steps

Building Resiliency Muscles



More Resiliency Strategies



Physical Fitness

- Manage your levels of stress
- Eat well
- Get enough rest
- Exercise



Mental Fitness

- Take breaks & use relaxing muscles
- Maintain positive self-esteem



Social Fitness

- Talk to family, friends, physician, chaplain
- Build and maintain social support
- Get involved in community, group activities
- Be a Wingman!



Spiritual Fitness

- Maintain a sense of purpose
- Strengthen faith

RESILIENT AIRMEN

Resiliency

Lots of ways to cope with and bounce back from difficulties & setbacks!

Resilience is a skill that we can build and improve!

All of us can get up, spring back and rebound!



Improvise, Adapt, Overcome

