Directions: You are about to read an article titled “Characteristics of Resilient People.” As you read, think about the author’s claim and the ideas within the text used to support the claim.

Note: You may complete the tasks all at once or over the course of a few days. As you read there will be a few think about prompts. You don’t have to write answers to these, just consider them as you read through the text.

Activity 1: Read and annotate this text. You should be identifying significant details and adding notes in the margins.

Characteristics of Resilient People
By: Set To Go (2019)

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.

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.

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. (Think about your life, who makes up your support system?)
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
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. (This quarantine has ruined a lot of people’s plans, the future of events like prom and graduation are uncertain. People can react in two ways, with resiliency or with defeat).

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.
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.

**Activity 2:** Complete the organizer below identifying the author’s claim (his or her main argument) and provide details from the text that he or she uses for support. The claim may not be directly stated, so this should be in your own words. Identify explicit quotes in the text that the author uses to support the claim.

*Remember that an author’s claim is the main argument/point that he or she makes in the text.*  
*The three details should be three pieces of specific evidence from the text that best support the author’s claim.*

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<thead>
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<th>Author’s Claim</th>
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Activity 3: Personal connection Using the information you’ve read about resilient people write a short story (no more than 150 words) about a time when you had to be resilient. As you write, consider what circumstances put you in that situation. Was it something you did? Was it a situation that your friends put you in? Was it school related? Sports related?