

RESILIENCE TAG LINES

What are resilience tag lines?

Resilience tag lines are phrases that you can use to talk back to non-resilient, counterproductive thoughts and practice real-time resilience skills. There are three different resilience tag lines that you can use to broaden your perspective; find evidence against irrational, negative thoughts; and determine how you will manage the most likely outcome of a situation.



Read through the descriptions for each tagline below, and consider how you can use this tagline in your everyday life.

1 A more accurate way of seeing this is...

The goal here is to come up with a more accurate way of explaining a situation. For example, if you are incredibly nervous about a class presentation, you might be thinking: "I'm so nervous. My voice will be shaky and everyone will think that I'm a total fake. I won't even be able to finish the presentation". With this kind of thinking, you're right, you might not make it through the presentation. Fortunately, you can use real-time resilience skills to respond to these negative thoughts by saying: "**A more accurate way of seeing this is** that I'll probably be nervous for the first few minutes, just like everyone else, and then I will get into the swing of things and become more comfortable. Even if I stumble or make a mistake, it will not be the end of the world."

2 That's not true because...

The goal here is to find as much evidence as possible to counter your negative thoughts and develop a more balanced perspective. For example, if you're feeling lonely or excluded, you may be thinking: "No one likes me. I'm always on my own". These thoughts quickly turn into self-fulfilling prophecies and need to be interrupted as soon as possible! Using real-time resilience skills, you can counter your negative thoughts by saying something like this: "**That's not true because** yesterday I ate lunch with George and played soccer with the other Grade 6's. I also walked home from school with Becca and my family always tells me how much they love me".

3 A more likely outcome is ... and I can ... to deal with it.

This tagline is an adaptation of the Worst-case/Best-case/Most-likely process that you were introduced to in a previous lesson. Use this tagline to identify the most likely outcome of a situation and one thing you can do to manage that outcome. For example, if you get in a fight with an older sibling at school you might be overcome with worries and anxiety, telling yourself: "I can't believe I got in a fight with Taylor. She's going to kill me when I get home." When you first become aware of these thoughts, pause and take a deep breath. Is your sister actually going to kill you? Use your real-time resilience skills to identify and plan for a more likely outcome: "**A more likely outcome is** that Taylor will be upset about my actions and not want to hangout this afternoon. **I can** take responsibility for my actions and apologize, **to deal with the situation**".

