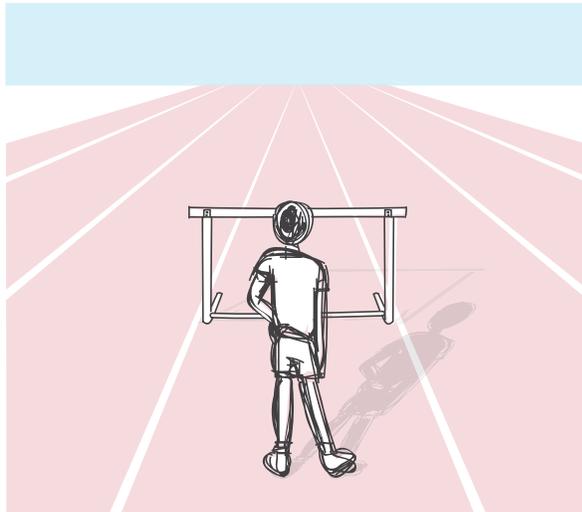


RESILIENCE

STRATEGIES FOR MANAGING SETBACKS AND ADVERSITY

Strategies for Managing Setbacks

setbacks are frustrations, annoyances, and embarrassments



- Use positive self-talk.



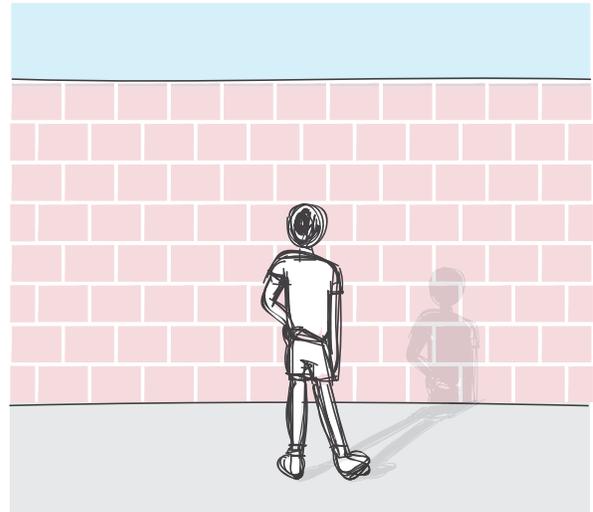
- Keep a gratitude list.



- Keep trying! Persist!

Strategies for Managing Adversities

adversity is a serious, negative event or situation



- Recognize your control.



- Put the situation in perspective.



- Focus on your resiliency.



- Look for the possible good.



- Identify resources.

OVERCOMING ADVERSITY Poster

Locate a quote about adversity that has some significance for you. Create a poster using the quote. Write a paragraph about the quote and its author.

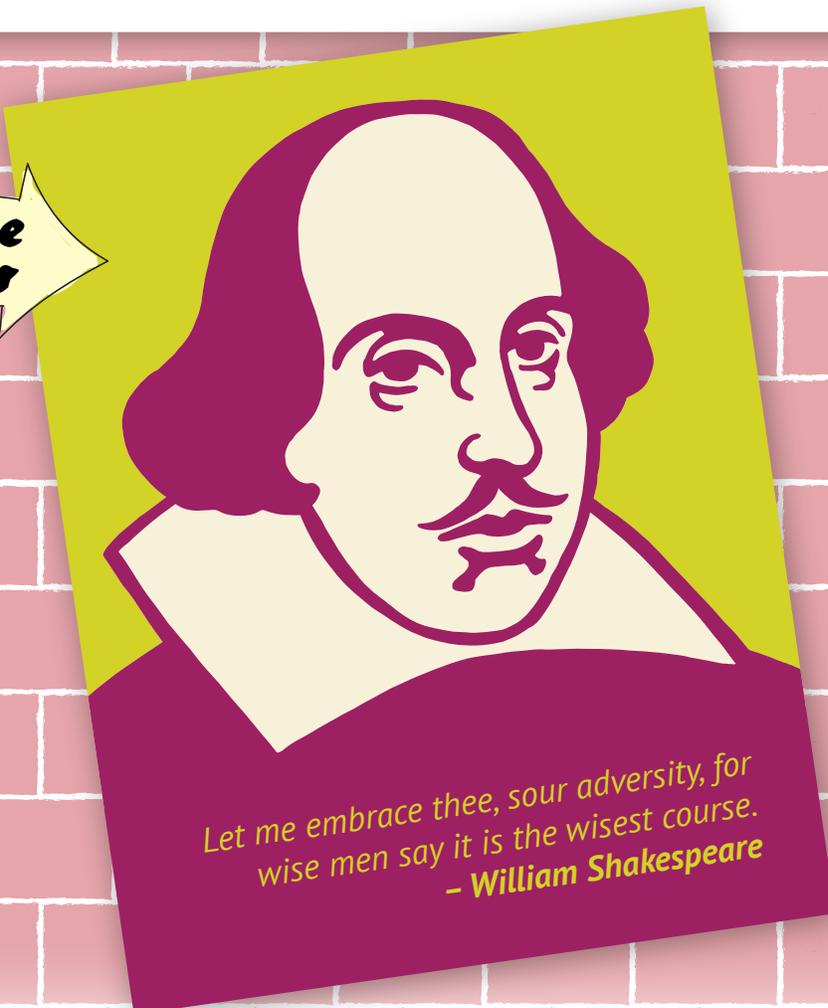
The poster should:

- be created using any medium on an 8 ½ by 11-inch sheet of paper.
- include a quote about adversity along with the name of the person quoted.
- include an image or design that enhances the quote.

The paragraph should include:

- the significance or meaning of the quote to you.
- biographical facts about the person.
- a description of an adversity he or she overcame.

Sample
Poster



Let me embrace thee, sour adversity, for
wise men say it is the wisest course.
– William Shakespeare