



## Exercise One: A Resilience Assessment (done during module 1 or 2)

There is an increasing demand for brief measures of resilience that can distinguish different dimensions of successful adaptation and good quality of life despite the experience of atypical stress. The team led by Dr. Michael Ungar at the Resilience Research Centre at Dalhousie University have worked for over 15 years on developing validated measures of resilience. For this activity, you will have the chance to complete the Rugged Resilience Measure (RRM) and the Adult Resilience Measure (ARM).

From a review of existing measures of resilience, a list of protective psychological factors associated with good quality of life in contexts of adversity was compiled to create the 10-item RRM. A sample of 5,880 individuals (aged 16-29 years) from seven countries was then surveyed to investigate the psychometric properties of the measure. As hoped, the RRM is a concise and potentially robust measure of personal resilience that works well in different contexts around the world.

The ARM was developed somewhat differently, as an adaptation of the Child and Youth Resilience Measure (CYRM). The CYRM was developed through a mixed methods study of adolescents and young adults experiencing social and economic challenges in 14 communities in 11 countries. To create the ARM, questions were adapted and then tested with many different adult populations to ensure the individual, relational, and contextual factors that the ARM assesses are all relevant to people who experience unusual amounts of stress.

For this intervention, complete the two measures. This should take approximately 5-8 minutes (or less).

With your answers in front of you, ask yourself:

- Do any of your answers surprise you? (In general, people with secure lives tend to score high because of the lower levels of stress they experience and the personal and social resources they have available).
- Are there areas of resilience that you would like to work on?
- Do other people in your life (like your colleagues at work or classmates at school, your extended family and friends) see you the same way you see yourself? In other words, would any of your answers to these questions surprise them?
- What is one small thing you might do to help people see you as more (or less) resilient than they think you are?

These measures can stimulate conversations about resilience, helping you identify the many personal and social resources you have and those you need to develop further.