

That's the Spirit

A game of collaboration where players question and apply skills to best solve a challenge.

How: The Challenge Holder provides a brief description of the challenge. Any player may ask the Challenge Holder for more information to determine which skill or skills might be used to best solve the challenge. Each player works collaboratively with other players to explore the challenge and explore various solutions before arriving at the most attainable one. Several skills may be used to solve the challenge and the same skill may be used more than once. Solutions can be presented individually or collectively as teams. The Challenge Holder judges the success of the solution based on (a) whether the solution meets the challenge, (b) the success of the skills used, and (c) whether the Adaptability skill is used successfully to solve a challenge when no other specific skill applies as effectively.

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RESILIENT HACKS

Belief

Perception is shaped by belief. Changing your belief changes your perception, giving you control, inner strength and courage to make change.

Why: Recognize that your beliefs control your actions and the way you feel about something, your attitude. Belief may ask you to risk change and adjust your perception to better reflect reality.

How: Approach the challenge facing you with a realistic view. Can you change the challenge outcome so it is more controllable? If the outcome appears to be not changeable, a change of attitude is possible by changing a belief.

- Consider your challenge. Is the outcome changeable? If so, identify a more positive, yet realistic outcome.
- Or, if the outcome is not changeable, then identify your worst fear and the self-defeating belief supporting that fear. Identify a more positive belief to replace the self-defeating belief.
- Recognize that a challenge may require a change of belief before a change of outcome can be made. Alternatively, changing the outcome of a challenge may be necessary before seeking the more positive belief.

Persistence

Persistence is facing a challenge with the belief you will ultimately succeed.

Why: Persistence encourages you to make change, mark progress, and build belief in yourself.

How: Persist by building belief. Consider creating a realistic goal and the steps needed to reach the goal so that when all of the steps are completed the goal is attained.

- Consider your challenge and recognize the importance of believing you can meet the challenge.
- Creating a goal is a way to build the belief that you can meet the challenge. The goal must be reachable within a realistic time limit.
- The steps describe the actions that are needed to reach your goal.
- Remember to reward yourself as you persist, not only when your goal is met, but also as each step is completed.

Strength

Physical strength grows from proper nutrition, exercise, relaxation and sleep.

Why: Practicing a good diet, physical exercise, relaxation, and good sleep improves physical, emotional, and mental well-being.

How: Create and practice plans for diet, exercise, relaxation, and sleep to fit your lifestyle while meeting the goals of proper nutrition, aerobic exercise, stress reduction and adequate sleep.

- Consider your challenge and how it relates to diet, exercise, relaxation and sleep.
- Find and practice a healthy diet that fits your lifestyle yet lowers your health risks.
- Find and practice a physical exercise plan that fits your lifestyle and provides at least 2 hours and 30 minutes of moderate-intensity aerobic physical activity ideally spread evenly throughout the week.
- Find and practice a relaxation exercise, such as slow diaphragmatic breathing, positive imagery, or mindfulness the act of being aware, but nonjudgmental, of thoughts and emotions in the present moment.
- Practice good sleep hygiene by keeping a consistent sleep-wake schedule, exercising daily and eliminating long naps and naps within a few hours of bedtime.

Trust

Empathy develops by seeking to understand what another being is experiencing from their point of view. Trust develops by reaching out to engage and provide mutual support.

Why: Social support is considered one of the best protections from the effects of stress, posttraumatic stress disorder (PTSD) and suicide.

How: Develop a system of social support by identifying your personal needs, the other individuals and the roles they play, and the contributions you make to sustain the system.

- Consider your challenge with respect to empathy, reaching out to others, and social support.
- Identify ways to improve empathy to aid communication and critical thinking.
- Identify your strengths and weaknesses to better identify your needs and the support you provide.
- Identify the individuals in your support system, roles they play, and how to contact them.
- Identify the contributions you make to sustain the support system.

Adaptability

Adaptability is the confidence and understanding to create and pursue a skillful outcome that best meets the challenge.

Why: Those believing they have the ability to succeed are more likely to pursue a challenge as something to be mastered rather than as a threat to be avoided. Developing the skill to best adapt to a challenge gives you confidence and control. You own it.

How: Developing your skill can be a goal setting process that calls for planning, cooperation, persistence and control to fully define and develop.

- Consider your challenge and research the idea. Perhaps a skillful solution is already developed.
- Discuss the skill idea with others to be sure the idea is understood and can meet its intended purpose.
- Consider creating the skill as a goal that is reachable along with the steps necessary to reach the goal.
- Steps may include a definition *About* the skill, *Why* the skill meets the challenge, and *How* the skill meets the challenge.