

THE RESILIENCE DOUGHNUT

By Lyn Worsley

Resilience is ...

“The human capacity to face, overcome, and even be strengthened by the adversities of life”

The International Resilience Project

“The happy knack of being able to bungy-jump through the pitfalls of life”

Andrew Fuller, Psychologist

**I Have
I Am
I Can**

The Parent Factor

- Straightforward, direct, open and honest communication
- Clear parental authority and responsibility for making decisions while consulting children
- Parents show warmth, closeness and intimacy

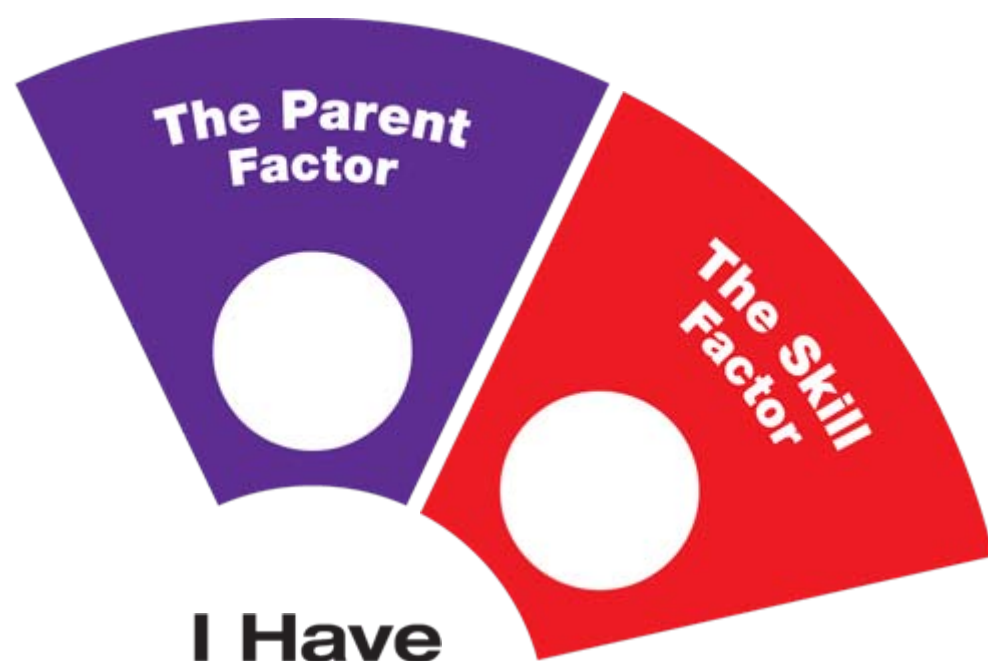


**The Parent
Factor**

**I Have
I Am
I Can**

The Skill Factor

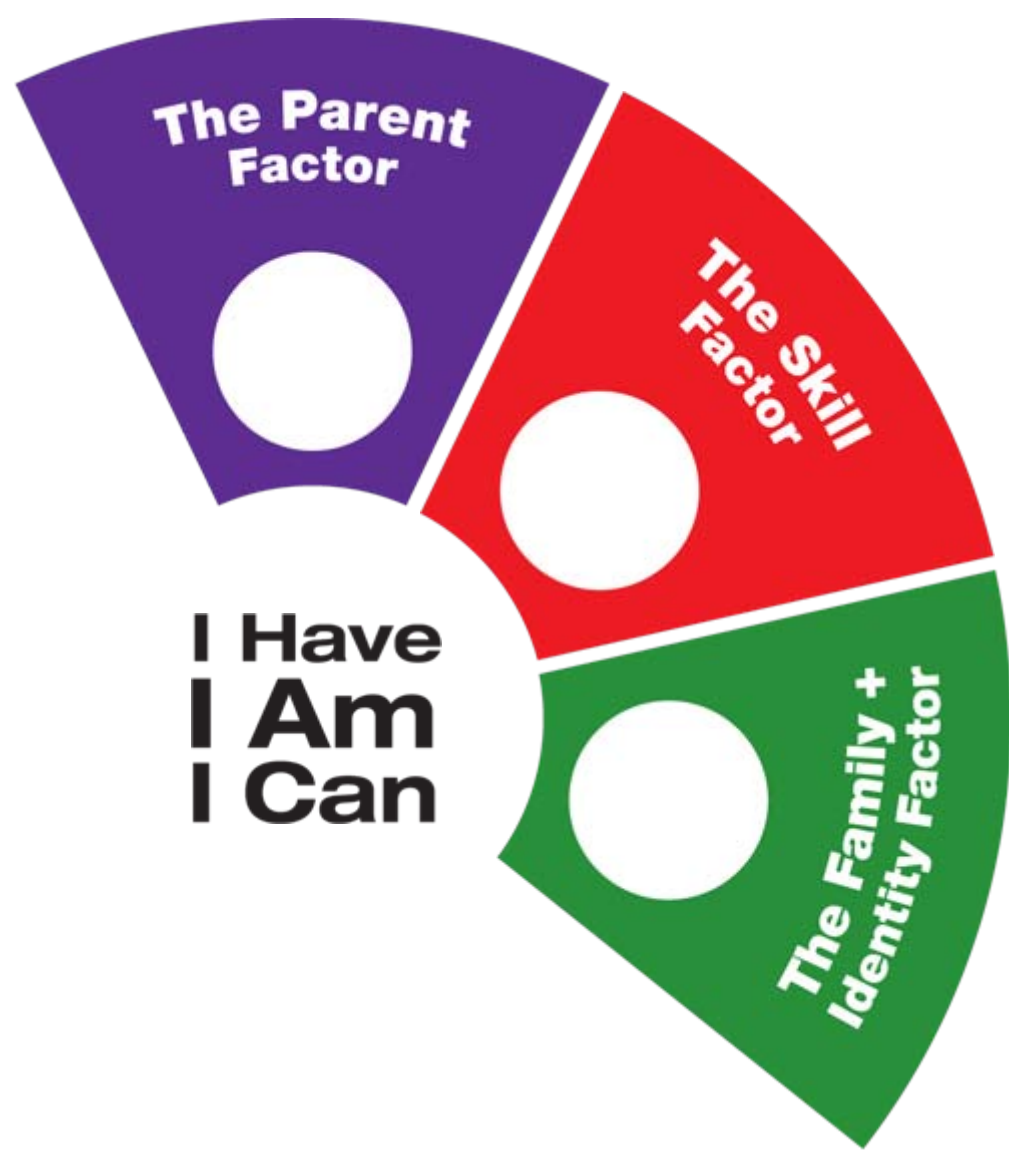
- Experience of competence in a task or hobby
- Evidence of developing hardiness through experience of difficult challenges
- Others who are significant to the individual value the skill



**I Have
I Am
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The Family + Identity Factor

- Having a sense of belonging or connectedness to the wider family
- High and positive expectations of young people and children by wider family
- Having gone through a crisis or difficult time together



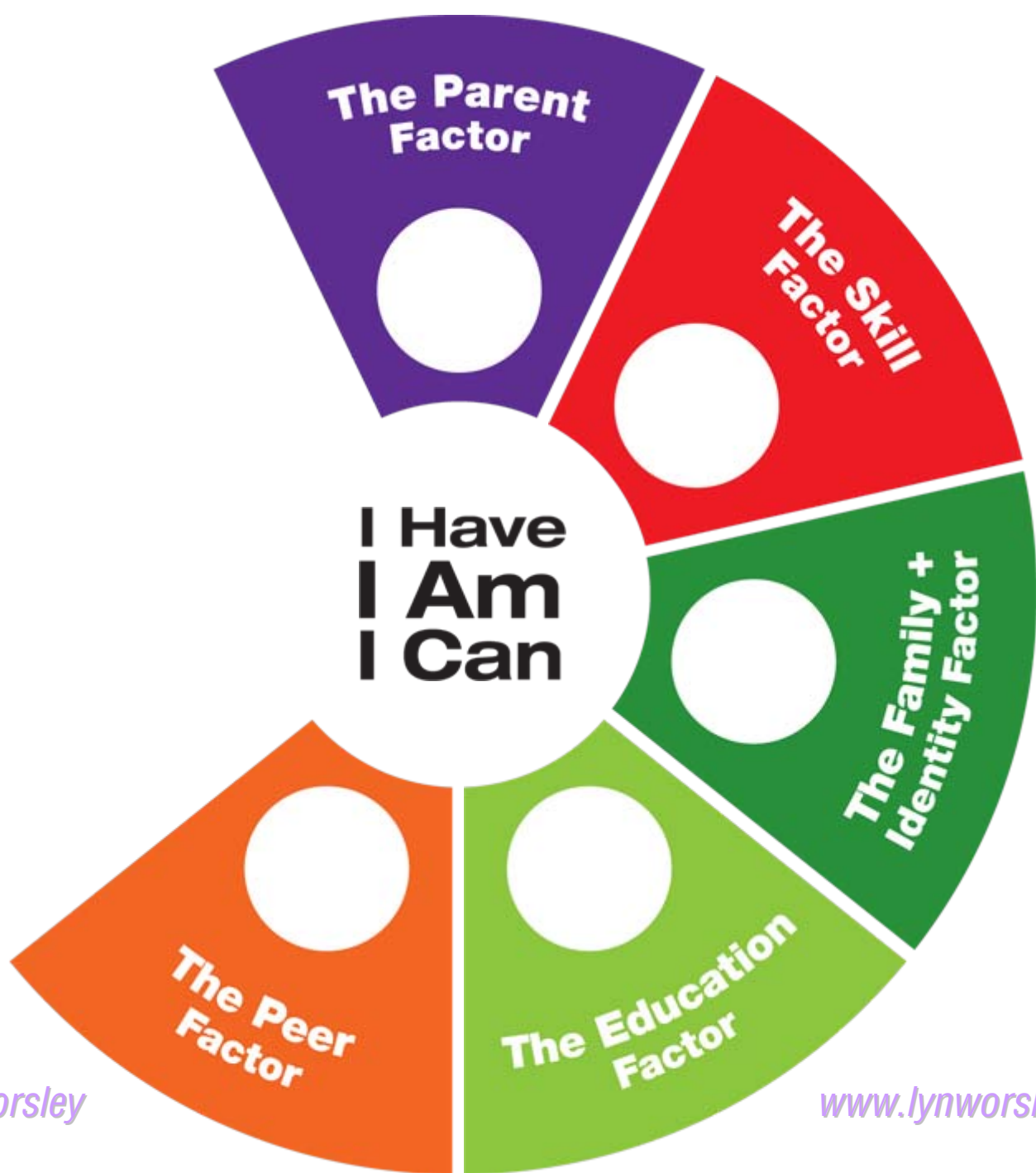
The Education Factor

- There is a teacher in the child's school life that believes in and connects with the child
- There are extracurricular activities which the child is involved in at the school
- The child feels valued as an individual and diversity is respected within the school



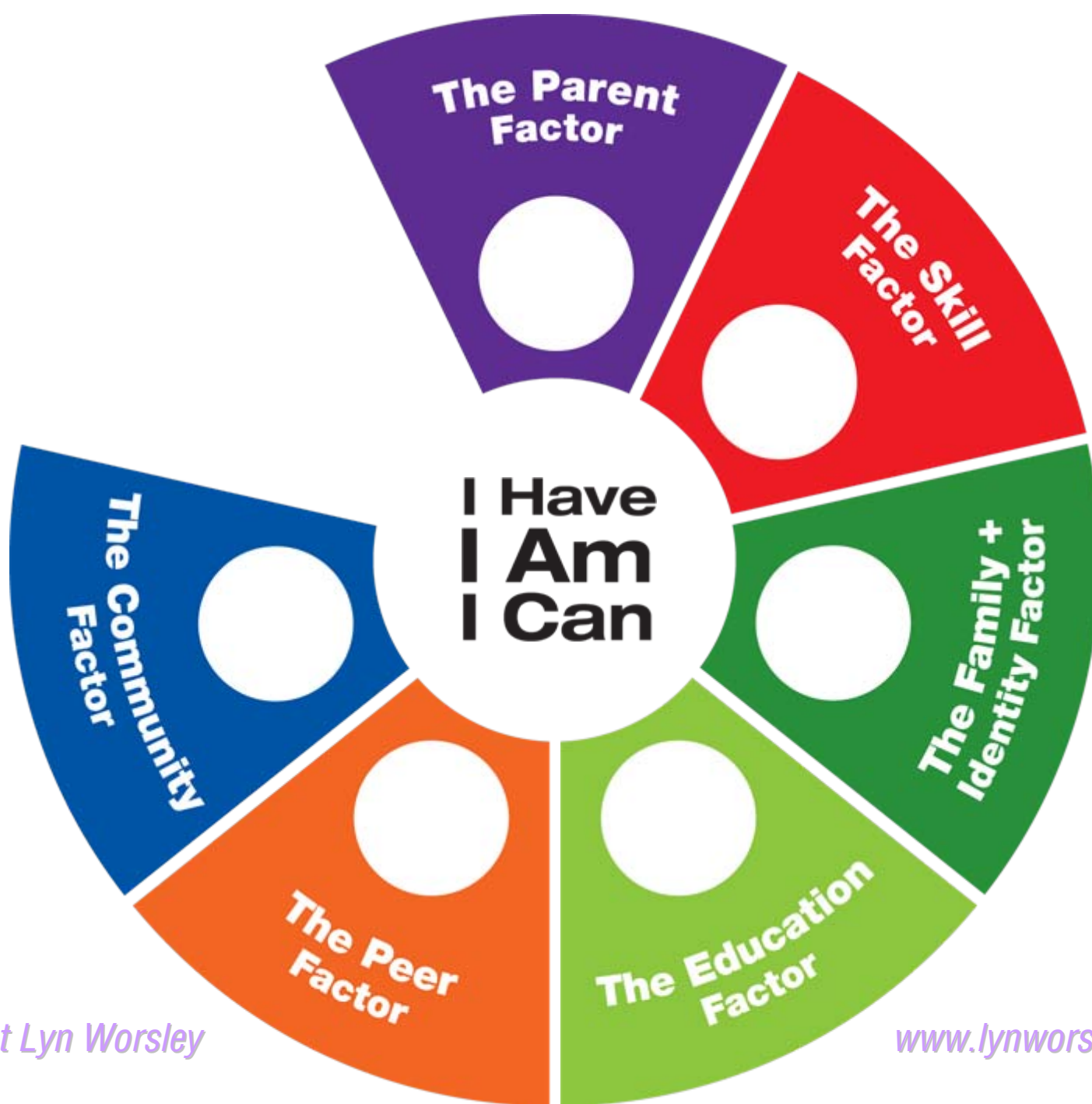
The Peer Factor

- A sense of belonging and acceptance within a peer group
 - Relationships with peers, which sometimes involve conflict as well as harmony
- The ability to be in a group yet express their own views which may differ from the rest



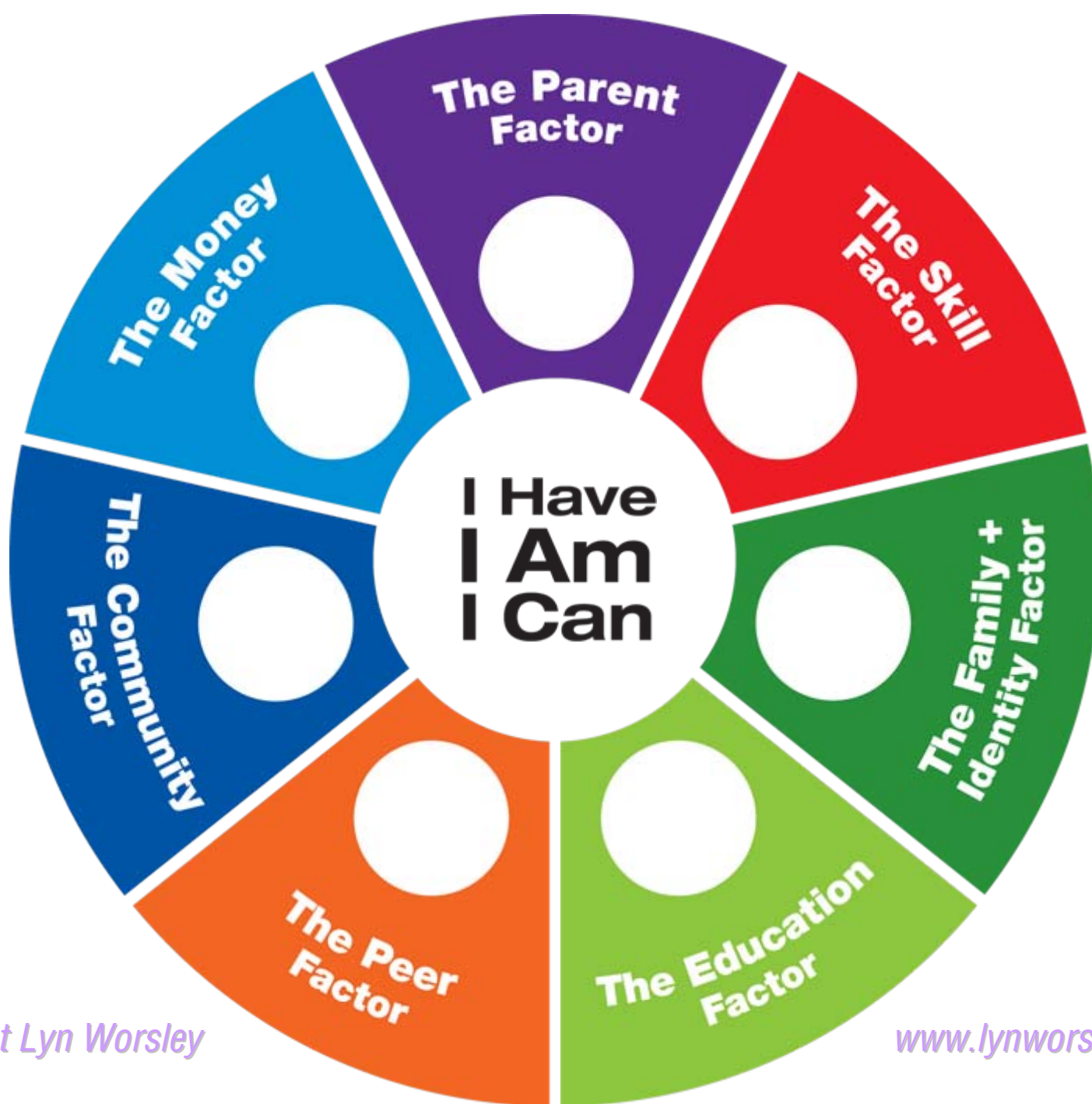
The Community Factor

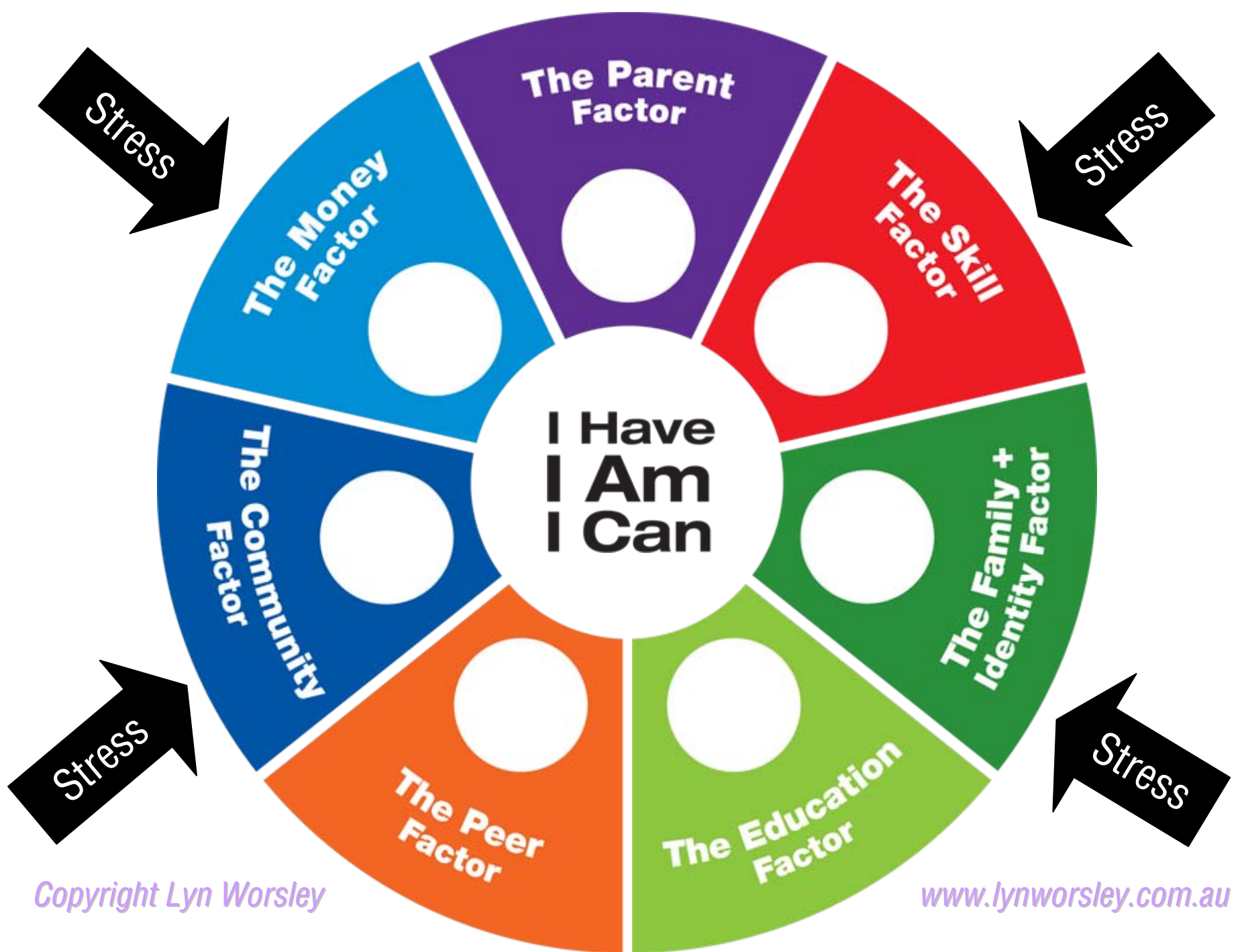
- A significant adult outside of the family or school who takes an active interest in the child
- Feeling valued as part of a larger social network of family friends
- An environment where confidence and faith in morality and goodness can be developed



The Money Factor

- The child spends their money wisely
- The child contributes to the chores around the house
 - Hard work is valued





Pessimistic Thinking

When bad things happen

It is permanent and unable to be changed.

It is global and everything is bad.

It is because of me and everything goes wrong for me.

When good things happen

It is temporary, so it won't last long.

There is a specific reason for it, so it can't be repeated.

It is because of other factors, and nothing I do makes a difference.



Optimistic Thinking

When bad things happen

It is temporary, so it will get better.

It is specific, so I can learn from this.

It is because of other factors, so I can keep trying to make a difference.

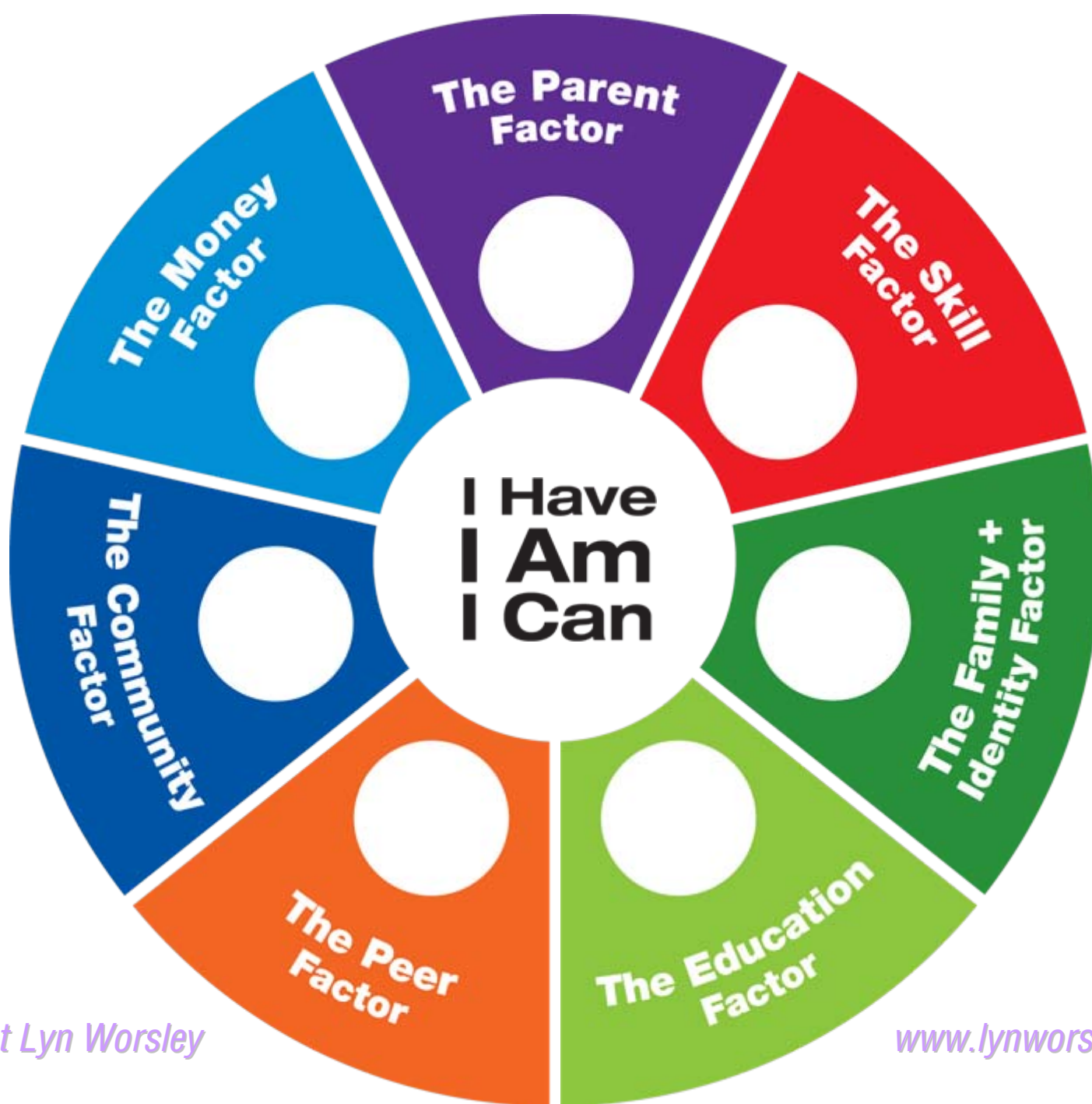
When good things happen

It is permanent and therefore I can depend on it.

It is global, so it indicates everything is going well.

It is because of me, so I will continue to make a difference.





THE RESILIENCE DOUGHNUT

Resources

- “The Resilience Doughnut: The Secret of Strong Kids” by Lyn Worsley (2006)
- School workbook
- Cut out card
- Teaching package
- Large model
- Seminar card

See www.lynworsley.com.au for more details