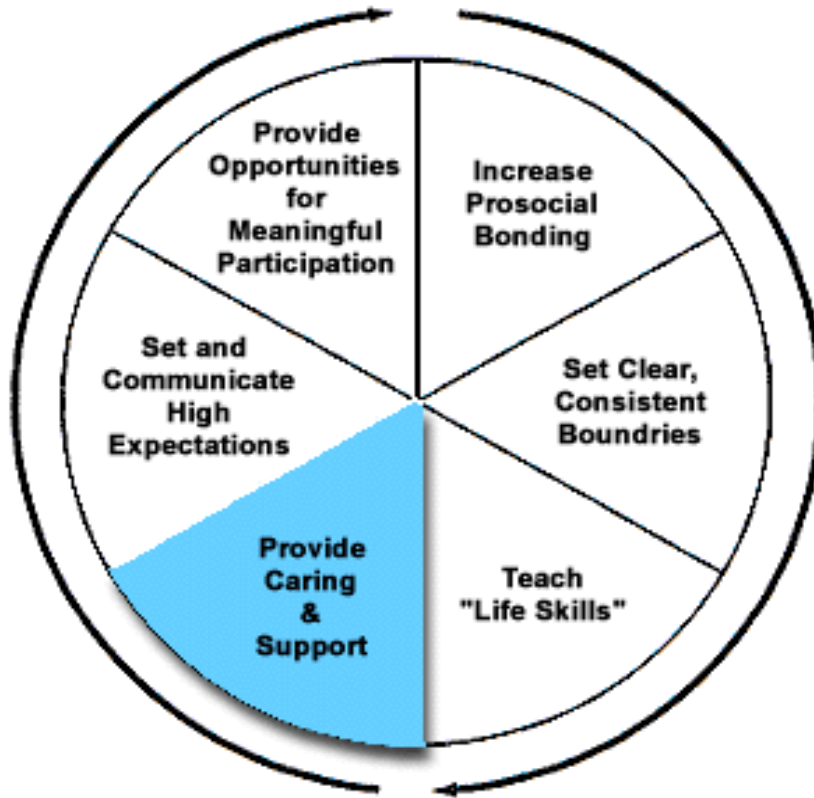


**Figure 1
The Resiliency Wheel**



Adapted from the book *Resiliency In Schools: Making It Happen for Students and Educators* by Nan Henderson and Mike Milstein, published by Corvin Press, Thousand Oaks, CA (1996)

Notes below taken from **Resiliency in Action** by Nan Henderson, Editor, with Bonnie Bernard & Nancy Sharp- Light copyright 2007

Resiliency defined: * Our inborn capacity for self-righting, transformation and change * The process of healthy human development * Our hard wiring to bounce back from adversity

People bounce back from adversity in two ways: They draw upon their own internal resources and they encounter people, organizations and activities that provide them with the conditions that help the emergence of their resilience. Psychologists call these internal and external conditions “protective factors” and conclude, “these buffers” are more powerful in a person’s life than risks, traumas or stress. They fuel the movement towards healthy development.

Programs are not the answer, it’s how we do what we do that counts.

*Communicate “The Resiliency Attitude” You have what it takes to get through this. What is right with you is more powerful than anything that is wrong

** Adopt a “Strengths Perspective” The keystone of high achievement and happiness is exercising your strengths rather than focusing on weaknesses. Focus on how they/you have managed to do as well as they/you have done

*** Surround each person – as well as families and organizations – with all the elements of “The Resiliency Wheel”

**** Give it time. A resilient outcome requires patience.