

BounceBack Demonstration Deck Key

These are the Skills & Attitudes we feel might be most helpful in each of the challenges.

1. Active Shooter/Shelter in Place:
Connect/communicate with Others
Manage Strong Feelings
See the Big Picture
Care for Yourself

2. Adolescents/Teens
Connect/communicate with Others
Manage Strong Feelings
Problem Solve
See the Big Picture

3. An Addict Among Us
Connect/Communicate with Others
Be Flexible
Problem Solve
Manage Strong Feelings
See the Big Picture
Care for Yourself

4. Being Different in North America
Connect/communicate with Others
Problem Solve
Manage Strong Feelings
Self-confidence

5. Blue & Red Politics
Connect/communicate with Others
Problem Solve
Manage Strong Feelings
See the Big Picture

6. Boomers
Connect/communicate with Others
Manage Strong Feelings
Find the purpose/meaning in life
Appreciate and Use Humor

7. Business
Connect/communicate with Others
Manage Strong Feelings
See the Big Picture

8. Caregiver at Heart
Connect/communicate with Others
Manage Strong Feelings
Find purpose/meaning in life
See the Big Picture
Care for Yourself

9. Chronic Pain
Connect/communicate with Others
Be Flexible
Problem Solve
Care for Yourself

10. Disability
Connect/communicate with Others
Be Flexible
Problem Solve
Manage Strong Feelings
Find the purpose/meaning in life

11. Divorce/Finance
Connect/communicate with Others
Problem Solve
Manage Strong Feelings

12. Family/Relationships
Connect/communicate with Others
Manage Strong Feelings
Care for Yourself
Care for Others

13. First Responder/Public Safety
Connect/Communicate with Others
Manage Strong Feelings
Care for Yourself

14. Healthcare Dilemma
Connect/communicate with Others
Problem Solve
Manage Strong Feelings
Care for Yourself

BounceBack Demonstration Deck Key

These are the Skills & Attitudes we feel might be most helpful in each of the challenges.

15. Healthcare Professional
Connect/communicate with Others
Problem Solve
Manage Strong Feelings
See the Big Picture
Care for Yourself

16. Immigrants
Connect/communicate with Others
Problem Solve
Manage Strong Feelings
Find the purpose/meaning in life

17. Millennials
Connect/communicate with Others
Be Flexible
Problem Solve
Self-confidence

18. Natural Disaster
Connect/communicate with Others
Be Flexible
Problem Solve
Manage Strong Feelings

19. Occupational Hazard
Connect Communicate with Others
Be Flexible
Problems Solve
See the Big Picture

20. Radicalization
Connect/communicate with Others
Be Flexible
Manage Strong Feelings
Find the purpose/meaning in life

21. Recovery
Connect/communicate with Others
Manage Strong Feelings
Find the purpose/meaning in life
Care for Yourself

22. Resilient Communities
Connect/communicate with Others
Problem Solve
Manage Strong Feelings
Care for Yourself
Care for Others

23. Spirituality
Connect/communicate with Others
Manage String Feelings
Find the purpose/meaning in life
See the Big Picture
Care for Yourself

24. The Unlikely
Be Flexible
Problem Solve
Manage Strong Feelings
Self-confidence
Care for Yourself

25. Veterans
Connect/communicate with Others
Manage Strong Feelings
Care for Yourself

26. Work/Money
Connect/communicate with others
Problem Solve
Manage Strong Feelings
Care for Yourself
Care for Others