

Demo Deck



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BounceBack is a serious game, a tool to help build mental toughness by asking people to respond to real world challenges using the Skills & Attitudes of resilience.

On these cards we suggest two ways to use Bounceback, but there are many more. You may choose to use these cards as you like. That's the beauty of BounceBack. It's flexible. It can be used alone, with a coach, with a peer or in a small group. Visit our website for additional suggestions or create your own use according to your unique needs. To download our Game Play and Coaching Suggestions,

Visit us at:

<http://building-resilience.com>

Peer Coaching Game:

-Each player draws 3 cards from the Challenge Card deck and is given a Skills & Attitudes deck to refer to as needed. Toss a coin to see who goes first.

-Player A responds to one of his/her Challenge cards by discussing with Player B. Player B coaches Player A by asking questions.

Here are some possible questions: *"Which Skills & Attitudes would you use to respond?"*, *"How would you apply them?"*, and, *"What Skills & Attitudes would be most helpful?"*

-Player B awards points based on how many of the recommended Skills & Attitudes are applied by Player A. A *red asterisk on the back of each card identifies the Skills & Attitudes that we feel might be most helpful to the particular challenge.

Disclaimer:

BounceBack is a serious game, a tool that may help build mental toughness by asking people to respond to real world challenges using the Skills & Attitudes of resilience. It is intended to help you develop and apply the Skills & Attitudes of resilience.

Statements or descriptions contained in BounceBack are informational only. The content of some questions may not be appropriate for all users. This tool is not intended to be a substitute for professional medical advice for which your healthcare professional is your best source.

Welcome to BounceBack

Shine a light on what matters. Resilient people push forward when things get tough. Resilient employees tend to be more satisfied with their work, stay longer and are more productive as a result. Resilient communities fair better when faced with adversity.

BounceBack was developed as a tool to practice responding to life's challenges. Challenges are presented and the user chooses Skills & Attitudes that he or she wishes to apply in order to respond to that challenge. It's very simple. It's practice. With >25 decks and >500 challenge questions, it's a lot of practice.

Individual Play:

Draw three cards and place them face up in front of you. Spread your ten Skills & Attitudes Cards face up in front of you for reference. Choose one of your cards.

On a pad of paper or your phone, write down which of the Skills & Attitudes you would apply. Describe how you would use these skills to respond to the challenge.

Scoring:

- Score 2 points for each of the recommended Skills & Attitudes you applied as identified by a *red asterisk on the back of the Challenge Card.
-Score 1 points for any of the others Skills & Attitudes applied, or for any unique application of skills and attitudes not listed on the cards.

-Player A awards points to Player B, based on how helpful the coaching was. Now it is Player B's turn.

-Play continues (alternating players) until each has responded to the required number of Challenge Cards. We suggest the following levels: Basic (3 cards), Moderate (5 cards).

Scoring:

-Score 2 points for each of the recommended Skills & Attitudes applied as identified with a *red asterisk on the back of the Challenge Card.

-Score 1 points for any of the others Skills & Attitudes applied, or for any unique application of skills and attitudes not listed on the back of the Challenge Cards.

Award 0, 1, or 2 points per Challenge Card to the peer coach based on the helpfulness of the coaching. To download our Game Play and Coaching Suggestions, visit Us at:

<http://building-resilience.com>

Disclaimer:

If you believe that you may benefit from care, you should consult a licensed mental health professional.

The purchaser of BounceBack is solely responsible for determining the adequacy of this material and its' application. The use of this material shall not be subject to any implied warranties of fitness for that purpose.

You will find a comprehensive list of helplines and websites on our resource page at:

<http://building-resilience.com>

Active Shooter/ Shelter in Place



The school is in lockdown. Mr. Grant has locked the door and turned the lights out. Everyone is crouched against the hallway wall. It occurs to you that your little brother, Chase, is down the hall in another classroom. You hear loud bangs coming from that direction. Your heart races and your chest feels tight. You want to scream out for him.

Adolescents/Teens



Some girls from school asked you to go to the mall with them. You are excited. These girls are awesome. The plan is to buy some make-up and practice some new skills on each other. You approach the make-up counter. While one girl is talking with the salesperson you notice the other two are stuffing their pockets with make-up. One of the girls looks up at you and winks.

An Addict Among Us



My son is no longer welcome in my home. I've given him too many chances and believed too many of his lies. He's done nothing but destroy this family. If he wants to kill himself he'll have to do it somewhere else.

Being Different in North America



You have used a wheelchair most of your life. On the whole, you have accepted and dealt with it very well; at least that's what others say about you. You are continually faced with lack of accessibility in buildings and you're getting pretty tired of taking the freight elevator when you go out for dinner. Age has made these things even more of a struggle. You feel angry and quite discouraged.

Blue & Red Politics



You parked your car at the mall and return to find that your car has a long scratch down its side and the bumper sticker supporting your candidate has been ripped off.

Boomers



Since you retired, you're spending time 24/7 with each other. It isn't what you thought it would be. It isn't easy.

Demo: Business



You have a new supervisor who seems to think he knows everything. You've worked the job for 6 years. He hasn't.

Caregiver at Heart



Dave has been renting a house with two friends since high school. The boys head to town for a night out. When they return the house is ablaze. It's a total loss; a candle left burning the source. Dave turns to you in times of trouble. But right now you are angry about the candle left burning, you are frightened to think what might have happened had they all been asleep and you are overwhelmed by his loss. You want to "fix it."

Chronic Pain



Sleep. You never thought it would be a problem. Your wife used to joke about moving to another bedroom because you slept so soundly and snored so loudly. Since the accident you find that you are either in a medication induced sleep at inappropriate hours and awakening with what feels like a hangover, or, awake and agitated when your chronic pain becomes intolerable.

Disability



Your rehabilitation program has been completed. The organization you work with is willing to help you find a job. You and many of the people that you met in rehabilitation, have not worked in years. Your vocational counselor suggests that it's time to decide what you want to do with the rest of your life.

Divorce/Finance



The HR Department has informed you that your health insurance premium for a family is being raised to \$900 per month. They now offer a HSA option with lower premiums. The divorce decree stipulates that you carry the children on your policy.

Family/Relationships



Your mother, with whom you were very close and who has been struggling with cancer for some time, passed away a few days ago. Many family members are openly sad and tearful. But you feel a sense of relief, and much guilt for feeling that way.

First Responder/ Public Safety



You are a relatively new E.M.T. who was just called upon to perform CPR on the victim of sudden cardiac arrest. It's your first time. Your efforts to revive the victim are unsuccessful.

Healthcare Dilemma



Your G.P. keeps telling you that you must lose weight. You know you should lose weight but it's not that easy. When you ask how, you get, "You just need to eat good food." I eat what my budget allows me to eat.

Healthcare Professional



The healthcare field is changing rapidly, as are the sources of reimbursement and the demands made on your profession. You frequently feel frustrated... no...angry about these changes. After all the time, study and cost, is this really what it's like?

Immigrants



When you came to this country, you had to leave behind your family. You have had little contact with them since you arrived here and you miss them often. You wonder if they are safe. You don't know when, or if, you will see them again. It fills you with emotion.

Millennials



Between my student loans and my car payment, there's not much left over for an apartment. I'm back in my parent's house, in the bedroom I occupied before college. It doesn't matter how I decorate it...it's still my childhood bedroom. It's embarrassing.

Natural Disaster



You live in a wooded area that hasn't seen rain in quite some time. Fire crews are battling a fire approximately one mile from your home. You have not been advised to evacuate your home yet, but you have a growing discomfort knowing how quickly fire can change course.

Occupational Hazard



Have you seen the changes in the check-out lines lately? There used to be lines for the cashiers. Now there are lines for the self-check machines.

Radicalization



Your religion demands a lot of you and you take it very seriously. In the country where you have settled, the people don't seem to take religion seriously and don't understand why you do. They do not understand your beliefs and often are disrespectful of both you and your faith. Do they not understand how hurtful this is or do they intend to be hurtful?

Recovery



The company's holiday party is coming up, and you know there will be an open bar and lots of drinking. It's a great place to work and your co-workers are awesome. They know nothing about your history and you really would like to keep it that way. If you go, they'll be wondering why you aren't drinking. If you don't go, they'll probably be offended.

Resilient Communities



You receive an emergency message that an active shooter is in the building. There's a moment of panic while you remember your training...run...hide...fight. Yes that's it. The others in the common area are staring at their phones in disbelief.

Spirituality



You and your wife of 20 years have separated after months of bickering over finances. This afternoon your boss told you the company would be downsizing and you might be laid off. How can this be happening?

Demo: The Unlikely



You are lost in the north woods, mid-winter, while snowshoeing. You have a day pack with you. Since there are no cell towers in the area, your cell phone is useless. It is getting colder as the sun sets. The temperature will drop below zero with nightfall.

Veterans



Occasionally and without warning, you have difficulty breathing and you feel that you are going to pass out. You see the Brigade Medical Officer, who examines you and tells you that your physical exam and lab tests are all normal. He recommends that you see the mental health unit to be tested for anxiety issues.

Work/Money



You have a full-time job and have recently taken a second one to generate more income for yourself and your family. You are working roughly 60 hours a week. Your children need your time and attention, as does your partner. You're torn. The family cannot survive without the additional income, at least for now.

To the Coach/Teacher:

"Coaching is usually about change. Seldom do we coach for the maintenance of the status quo. The process of coaching, as we have defined it, is a dynamic process. It is a tool to encourage and facilitate change."

-Resilience Building: Peer Coaching Manual by Ronald Breazeale, PhD and Richard C. Lumb, PhD.

As a coach/teacher your role is to facilitate change on behalf of those you serve. It is not counseling or therapy. The focus is on present goals and dreams of the future. It's about helping individuals define fulfillment, learn balance and build resilience. Asking good questions, being curious, and requesting that the person consider/try new skills is essential to achieving fulfillment. In order to maintain balance in an ever changing world, one must learn to be resilient.

Coaching Diverse Pairs:

1.

This approach to the game involves two diverse groups who wish to learn resilience from one another. Some examples of Diverse Pairings might be: police officers and immigrants, healthcare professionals and individuals with disability/ chronic disease, or, Baby Boomers and Millennials. The goal of this exercise is for each member of the pair to apply the Skills & Attitudes of resilience to respond to specific challenges (perhaps outside of his/her skill set) with a coaching partner who can offer experience and insight on the issue. The group divides into pairs; one from each group represented. Using Baby Boomers and Millennials as an example, the Boomer draws 2

Coaching Diverse Pairs:

2.

Challenge Cards from the Millennials deck and the Millennial draws 2 Challenge Cards from the Boomers deck. Decide who will first. Player A will read the challenge, choose the Skills & Attitudes that he/she thinks would be most helpful in addressing the challenge and explain how he/she would apply them. Player B/ the coach, will share any concerns regarding the effectiveness of the application that may not have been considered by Player A. The goal is to coach one another by sharing knowledge related to each players unique experience and/or skill set. The pair discusses the issues with the intent of coming to a mutual

Coaching Diverse Pairs:

3.

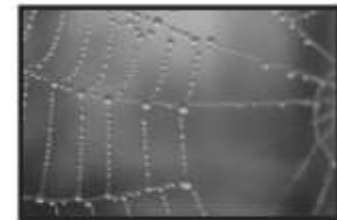
agreement on how best to apply the Skills & Attitudes chosen. Pairs may want to make notes for later discussion. Play continues with Player B reading his/her challenge and proceeding as previously described until all Challenge Cards have been addressed. When all pairs have addressed both Challenge cards, the group comes together to share their experiences. The focus of discussion should center on how different perspectives impact the way we approach challenges and the recognition of the Skills & Attitudes applied by the group members in order to get through the exercise.

Connect/ Communicate With Others



Relationships that can provide support and caring are one of the primary factors in resilience. Share your thoughts with others.

Be Flexible



Flexibility is a key component of resilience and one of the primary factors in emotional adjustment and maturity.

Problem Solve



Problem-solve both individually and with others. Make realistic plans and take action to carry them out.

Manage Strong Feelings



Being able to use thinking as a way of managing emotions is a key component of this skill.

Self-Confidence



Having a positive self-image is critical if a person is to be able to confront and manage fear and anxiety in his/her life.

Find Purpose and Meaning in Life



Being able to make sense out of what is happening and to find meaning in it is critical if one is to be able to manage the feelings that are aroused in a crisis.

See the Big Picture



Be positive. Optimists are better able to see the bigger picture than pessimists.

Appreciate and Use Humor



Laughter may have healing powers. Learn to find the humor in what otherwise might be thought of as a failure.

Care for Yourself



Take care of your physical and emotional needs. Eat regularly, exercise, play games/a sport. Being your best requires feeling your best.

Care for Others



Practice what you have learned, share your skills with others. Occupations and volunteer activities that involve caring for others can often build resilience.