

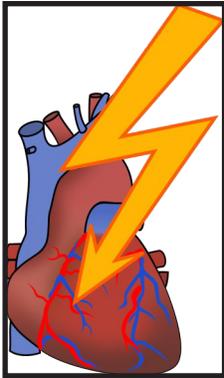
# Welcome to **BounceBack**

Here's a sample of what you'll find in "Matters of the Heart".

Visit Us at <http://building-resilience.com> to learn more about **BounceBack**

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## Matters of the Heart



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## Before You Begin

### Know Your Purpose:

-If it is to encourage empathy towards and understanding of others, ask players to assume the point of view stated on the card even if (especially if) it is not their own. It's a chance to walk in the shoes of another and discover how you might respond were you faced with the challenge.

-If your goal is to teach others to coach individuals in crisis, you may want to approach the exercise differently. Have participants select Skills & Attitudes that they might suggest for use by the individual in crisis.

-If your mission is crisis prevention, try applying the Skills & Attitudes to the challenges in a proactive manner to see how situations might be preventable.

Such groups might be: healthcare providers and their patients, police officers and immigrants or baby boomers and millennials. Using healthcare for example, bring providers and patients together. Have the providers select challenges from the Healthcare Dilemma deck and patients draw from the Healthcare Professional deck. Have the group pair off (i.e. one healthcare provider and one patient). The pairs are charged with coaching one another to face challenges that may be unfamiliar to them. It is helpful to ask that they assume the point of view on the card in order to encourage empathy and understanding.

**Once you know your Purpose and your Participants...begin.**

**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.**

The goal is to bring people together to share thoughts and perspectives on how to respond to the many challenges life puts forth. We offer some coaching and game play suggestions, but how you choose to use these cards is really up to you.

### Know your Participants:

-Are you coaching an individual in transition? Is the transition specific to a particular issue such as Divorce/Finance or Disability? Select and use those decks that best relate to the transition/s being experienced.

-Are the participants looking to build a broader sense of resilience Skills & Attitudes that relate to their particular vocation? Select from our bundles or choose individual decks that relate best to the needs of the group you are working with.

-Do you have populations that could build resilience through a better understanding of the challenges faced by each?

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### The Basic Concept:

You're presented with a Challenge Card. Spread the ten Skills & Attitudes cards out so that they can be seen. Read the challenge on the face of your card. Using the ten cards in front of you, select the cards having the Skills & Attitudes you wish to apply in order to manage the challenge at hand. Turn over your Challenge card to see the Skills & Attitudes (indicated by a red\* asterisk) that we suggest might be most helpful in managing the situation. Repeat this process, in turn, for each participant. And please, don't forget the discussion. Adapt this basic concept as you will to fit the needs of you and/or your participants.

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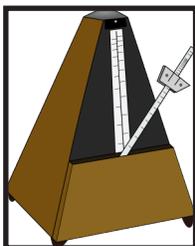
**BounceBack** was developed as a tool to practice responding to life's challenges. Challenges are presented and the user chooses skills and attitudes that he or she wishes to apply in order to respond to that challenge. It's very simple. It's practice. With >36 decks and >720 challenge questions, it's a lot of practice.

Visit: <https://building-resilience.com/the-resilience-tools-we-use/welcome-to-bounceback/> to view our short video.

-The C.D.C indicates, "About 610,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths. Every year about 735,000 Americans have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had one." We see the heart as the center of both our physical and emotional wellbeing. Strong feelings are associated with its deficiency.

-Matters of the Heart was created to emphasize the need to address the emotional aspects of heart disease. Use it individually to explore your own thoughts and feelings and challenge yourself to become more resilient. Practice applying the Skills & Attitudes of resilience to the challenges present-ed as well as your own. Have those tough conversations with family and friends. Use it in a support group or as a teaching training tool for healthcare professionals.

### Matter of the Heart



I'm still healing from my surgery. I'm told my prognosis is good...but I can't stop worrying. I can't sleep at night. I think about it all the time. It's my heart damn it. If it stops, so do I. How else am I supposed to feel?

### Matters of the Heart



I'm worried sick about our finances. Bob's emergency valve replacement was done during a lapse in our health insurance coverage. The bills are rolling in. I can't work enough to pay these off. We may lose our home.

### Matters of the Heart



They keep telling me to pace myself. Hell, I've never paced myself. I haven't the slightest idea how to do that. I have one speed and one speed only and that's full speed ahead.

# Bounce BACK

### 10 Skills and Attitudes:

- \*Connect/Communicate with Others
  - Be Flexible
  - Problem Solve
- \*Manage Strong Feelings
- \*Self Confidence
- Find the purpose/meaning in life
- \*See the Big Picture
- Appreciate and use humor
- Care for Yourself
- Care for Others

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**\*Disclaimer:** *BounceBack* is a serious game, a tool that may help build mental toughness by asking people to answer real world questions, using the skills and attitudes of resilience. It is intended to help you develop and apply the skills and the 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. 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://buildingresilience.com/resources-2/>.