

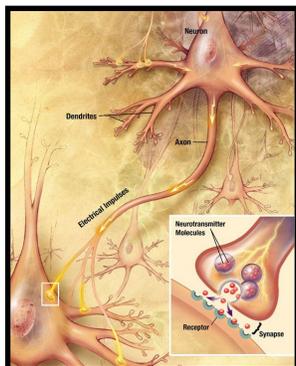
Welcome to *BounceBack*

Here's a sample of what you'll find in "On My Last Nerve".

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

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On My Last Nerve



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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 National M.S. Society tells us that, "More than 2.3 million people are affected by MS worldwide. Because the Centers for Disease Control and Prevention (CDC) does not require U.S. physicians to report new cases, and because symptoms can be completely invisible, the prevalence of MS in the U.S. can only be estimated." An invisible disease that is unpredictable in nature can be particularly troubling. Because of its relapsing/remitting nature, symptoms that vary from person to person, and its uncertain course with no known cure, M.S. is a disease which can lead to emotional stress for the individual, family, and friends.

-Use this deck individually. Work through some of the challenges presented as well as your own and practice the Skills & Attitudes of resilience. Connect and communicate with family, friends, and co-workers who may not see recognize your struggles. Use it in a support group or as a teaching tool for healthcare professionals and newly-diagnosed patients.

On My Last Nerve



The ad begins with a handsome young couple slow dancing. The videographer moves slowly from their head to their feet. The young man is holding the woman while her feet dangle about a foot off the floor. "MS...thecripler of young adults.". As the image fades away...so does my hope.

On My Last Nerve



Indescribably tired. When you were a teen, did you ever try to see how long you could go without sleep? That's close but still inadequate. Devoid of thought, my body feels heavy... very, very heavy. My senses just aren't sensing. I know that I can stand but it feels like I would collapse if I tried. The fatigue can be mind boggling.

On My Last Nerve



I was diagnosed with MS; a disease which is slowly, but surely, taking my dad's life. We've always been close. He shares his thoughts and feelings about his condition with me. I watched each loss as the disease progressed. I've always treasured our talks. But now...I'm afraid.

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 Bounce-Back 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/>.