

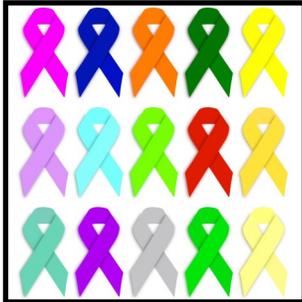
# Welcome to **BounceBack**

Here's a sample of what you'll find in "The Big C".

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

Copyright Building Resilience, L.L.C. 2018

## The Big "C"



V.2 Copyright 2018

<http://building-resilience.com>

## 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?

V.2 Copyright 2018

<http://building-resilience.com>

### 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.

V.2 Copyright 2018

<http://building-resilience.com>

**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.

-In 2016 The National Cancer Institute predicted, "An estimated 1,685,210 new cases of cancer will be diagnosed in the United States and 595,690 people will die from the disease. The most common cancers in 2016 are projected to be breast cancer, lung and bronchus cancer, prostate cancer, colon and rectum cancer, bladder cancer, melanoma of the skin, non-Hodgkin lymphoma, thyroid cancer, kidney and renal pelvis cancer, leukemia, endometrial cancer, and pancreatic cancer." That's a lot of cancers.

-Cancer places us on the front line of a battle with our own body. We not only have to choose the right course of treatment from a wide array, but also the right team of professionals with which to form an alliance. It often involves breaking down one's health in order to improve it. This is both counterintuitive and frightening.

-Use this deck individually to work through the challenges and choose the Skills & Attitudes to apply in order to respond. Share these cards with family and friends to help them understand on particularly tough days. Use them in a support group to help build peer support. They can be as a teaching tool with healthcare professionals and newly-diagnosed patients.

### The Big "C"



I've lost all control over my body, over my daily schedule, over my thoughts and, worst of all, over my emotions. My body has rejected good health, I must follow a routine not of my choosing, and I am forced to think about things that should have been saved for my elder years. But the range of emotions I can experience within the course of any given hour is by far the toughest.

### The Big "C"



Food has become my nemesis. Nothing tastes good. Beyond that, it's a challenge for me to keep it down. I challenged my spouse to a daily bet on whether meals stay down or not. Not only did she not find this amusing, she ran to the bedroom in tears. All I wanted to do was lighten things up around here.

### The Big "C"



Sometimes when I'm lying in bed feeling like I've been run over by a truck, I wonder if the treatment will be worth the suffering. What if I have put myself and my family through this for nothing? What if the long stream of medical bills is followed by funeral expenses? Am I selfish to want to live so badly?

# 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

V.2 Copyright 2018

<http://building-resilience.com>

# 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

V.2 Copyright 2018

<http://building-resilience.com>

# 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

V.2 Copyright 2018

<http://building-resilience.com>

\***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/>.