

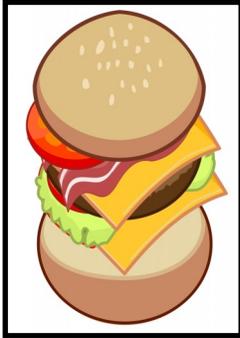
Welcome to *BounceBack*

Here's a sample of what you'll find in "What's on the Menu?"

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

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What's on The Menu?



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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.

-ANAD indicates, "At least 30 million people of all ages and genders suffer from an eating disorder in the U.S." The C.D.C tells us that, "More than one-third (36.5%) of U.S. adults have obesity." Not surprisingly, few statistics are to be found on the adverse effects of food additives and preservatives. And don't get us started on the pesticide issue.

-Eating is essential to survival. Eating can become a health risk...even fatal. Many Americans take issue with discussions about food and how and what is best. We like to do it our way.

-But talk we must. Use this deck to become more aware of issues related to food and its impact on physical and mental health. If food is an issue for you, work through some of the challenges presented and practice the Skills & Attitudes of resilience. See if they can be applied to your own challenges. Share it with family and friends to break the silence that surrounds food issues. Use it in a support group. Use it with healthcare professionals to instill greater awareness of the struggles faced by their patients.

What's on The Menu?



What's in this stuff anyway? I can't pronounce many of the ingredients on the label. Is this really even food? I worry, but my kids will eat it. I buy fresh fruits and vegetables and they spoil before they get eaten. I don't want my kids going hungry.

What's on The Menu?



I love Oreo Cookies. I can eat an entire bag during the course of a good movie without even realizing it. When the movie is over and I'm left holding an empty bag that I've consumed even the crumbs from, I rush to the bathroom and vomit. I'm not sure if it's the cookies or the guilt making me sick. But for right now, let's just keep this between you and me.

What's on The Menu?



I know I should lose weight. I know I should eat fewer sweets. My doctor has told me that I am borderline diabetic and that I could avoid having to go on medication if I would change my diet. Lord knows I've tried. I grew up eating this way. It's hard to change lifelong patterns

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/>.