The world is in turmoil. How do you cope? Are you resilient?

Take this **Free Assessment** *to find out!*

Get a Grip: Build Resilient Mental Health **is an online course brought to you by Chamberlain Leadership Group LLC.**

The Brief Resilience Scale (BRS) is a deceptively simple scale that is peer-review tested and proven to be a reliable predictor of a person's ability to bounce back from stressful situations. Outcomes include resilience as it relates to health, personal characteristics, social relations, and coping.

Brief Resilience Scale (BRS)*

	Please respond to each item by marking one box per row.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times.	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
BRS 2	I have a hard time making it through stress events.	5 ☐	4 ☐	3 ☐	2 ☐	1 ☐
BRS 3	It does not take me long to recover from a stress event.	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
BRS 4	It is hard for me to snap back when something bad happens.	5 ☐	4 ☐	3 ☐	2 ☐	1 ☐
BRS 5	I usually come through difficult times with little trouble.	1 ☐	2 ☐	3 ☐	4 ☐	5 ☐
BRS 6	I tend to take a long time to get over set-backs in my life.	5 ☐	4 ☐	3 ☐	2 ☐	1 ☐

Scoring: Carefully note the number corresponding to each answer. Add the responses varying from 1-5 for all six questions. Divide your score by 6 to arrive at an average. This is your BRS Score.

My BRS score: _____ What does your score mean?

4.31—5.00: Underline High Resilience. Safeguard a high level with the *Get a Grip: Build Resilient Mental Health* course.

3.00—4.30: Normal Resilience means life will be very difficult at times. You could benefit from the course.

1.00—2.99: Low Resilience means you definitely need to learn more resilience tools today.

Join our private resilience community: www.Facebook.com/groups/threadsofresilience

*Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioral Medicine*, 15(3), 194-200