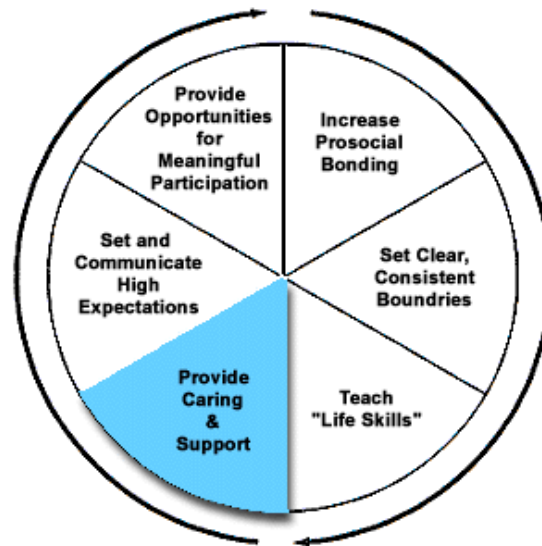


The Resiliency Wheel



Adapted from the book *Resiliency In Schools: Making It Happen for Students and Educators* by Nan Henderson and Mike Milstein, published by Corvin Press, Thousand Oaks, CA (1996)

Caring and support: Listen to staffs' concerns and answer their questions in direct, factual, appropriate ways.

High expectations: Express your certainty that staff can cope with the situation and faith in their strength and inner resources.

Opportunities for participation: Help staff come up with ways they can address the crisis themselves: i.e.. Support groups for families.

Pro-social bonding: Provide staff with positive activities to do together that give them a sense of purpose and mastery in the situation.

Clear, consistent boundaries: Strike a balance between addressing concerns and getting back to a normal schedule. People need the safety of familiar rules and routines.

Life skills: Encourage staff to communicate their thoughts and feelings. (But balance is again the key: Don't let the talk escalate and overwhelm staff).