

Rutgers Women+ in Technology (WIT+)

# PEER-TO-PEER PROGRAM

## MONTH 4: BUILDING RESILIENCE

### HIGH-LEVEL FOCUS - STRESS MANAGEMENT:

Peer groups will explore techniques for building resilience and discuss strategies for managing stress and maintaining mental health while overcoming obstacles.

#### SUGGESTED GROUP ACTIVITY - RESILIENCE ROADMAP & OVERCOMING CHALLENGES:

***Note:** While not required to be completed ahead of time, reviewing the resource on [building resilience](#) (also shared below) before the session might be helpful.*

- During the meeting, each person should share a personal story of a past challenge and how they overcame it, along with some of the skills or support systems that helped them along the way (*for example, if support systems were lacking, perhaps discuss how the situation would have been different if the proper support systems were in place*).
- The formal definition of '**resilience**' is "the capacity to withstand or to recover quickly from difficulties." Take a moment and allow each person the chance to answer the questions:
  - *What does resilience mean to you?*
  - *How do you respond to setbacks today compared to the past?*
  - *What, if anything, changed internally or externally that may have affected your responses in the present vs. the past?*
  - *What can your team members do in the future to help you maintain your sense of resilience and overall wellness at work?*
- Before the meeting ends (if possible), discuss and write down one [resilience-building habit](#) to practice for this month.