

Devereux Adult Resilience Survey

DARS Diary



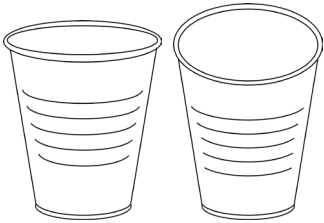
Welcome to a diary like no other, where you will continually reflect on four key protective factors that contribute to your resilience:

relationships, internal beliefs, initiative, and self-control.

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How full is your pitcher?

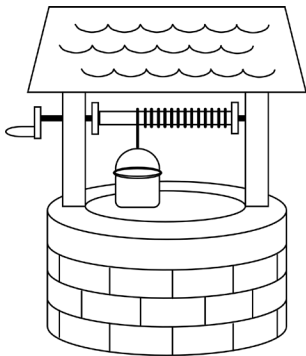
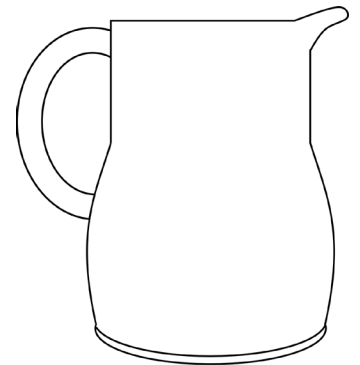


The “Cups”

Children need support from all of the adults in their lives in order to build resilience and to develop, both socially and emotionally. Children are the “cups” waiting to be filled each day, in order for them to become resilient adults.

The “Pitcher”

Resilient children need resilient adults. Adults working with and caring for young children can think of themselves as “pitchers.” Every day, adults pour and pour into the “cups” (the children). But as the famous saying goes, “you cannot give what you do not have.” So, it’s important for adults to focus on their own resilience and social-emotional health, in order to keep those pitchers full.



The “Well”

Adults working with and caring for young children need support and guidance, too. Those in positions of leadership in the early care and education field who provide that support can think of themselves as the “well.” With the “pitchers” pouring and emptying out on a daily basis, there must be some way for them to be refilled. Serving as the “well” means that you focus on not only your own resilience, but that of your fellow caregivers.

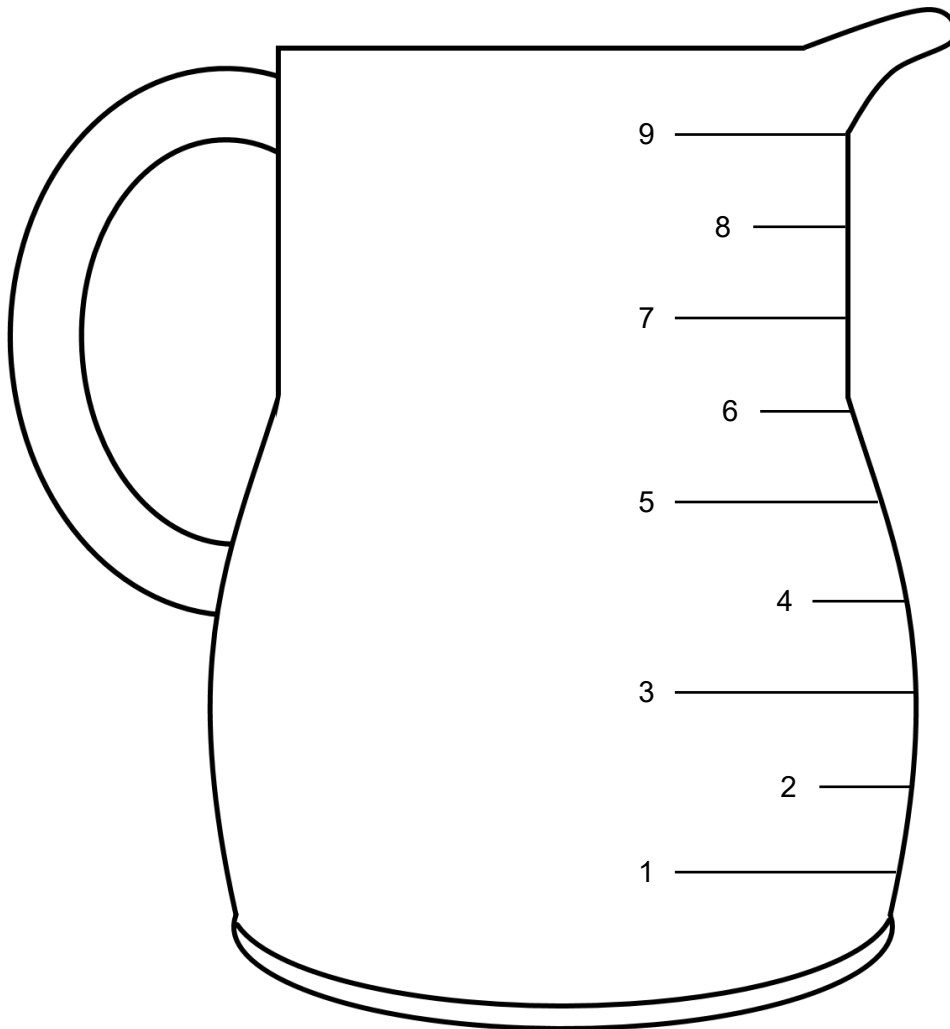
Throughout this diary, before each DARS, you will be asked to reflect on how “full” your pitcher is at that moment. It is a small coloring activity! You will “fill” the pitcher up to whatever level you feel matches your level of resilience. Then you’ll continue on to your DARS. Remember that this diary is just for you, so be honest with yourself. Best of luck!



Scan this QR code for a video about the cups, pitcher, and well analogy.

Today's Date:

Before you complete your DARS, take a moment to reflect on how full your pitcher is (how resilient you feel) today, right now. "Fill" (color in) your pitcher up to whatever level matches how you feel.



Now take a deep breath, move forward and complete your DARS, think of specific examples, and then set some goals.

Remember this: **YOU ARE WORTH IT.**

Devereux Adult Resilience Survey (DARS)

By Mary Mackrain, M.Ed.

Take time to reflect on and complete each item on the survey below. There are no right answers! Once you have finished, reflect on your strengths and then start small and plan for one or two things that you feel are important to improve. For fun and practical ideas on how to strengthen your protective factors, use the chapters of *Building Your Bounce: Simple Strategies for a Resilient You*.

| Items | Almost Always | Sometimes | Not Yet |
|---|---------------|-----------|---------|
| Relationships | | | |
| 1. I have good friends who support me. | | | |
| 2. I have a mentor or someone who shows me the way. | | | |
| 3. I provide support to others. | | | |
| 4. I am empathetic to others. | | | |
| 5. I trust my close friends. | | | |
| Internal Beliefs | | | |
| 1. My role as a caregiver is important. | | | |
| 2. I have personal strengths. | | | |
| 3. I am creative. | | | |
| 4. I have strong beliefs. | | | |
| 5. I am hopeful about the future. | | | |
| 6. I am lovable. | | | |
| Initiative | | | |
| 1. I communicate effectively with those around me. | | | |
| 2. I try many different ways to solve a problem. | | | |
| 3. I have a hobby that I engage in. | | | |
| 4. I seek out new knowledge. | | | |
| 5. I am open to new ideas. | | | |
| 6. I laugh often. | | | |
| 7. I am able to say no. | | | |
| 8. I can ask for help. | | | |
| Self-Control | | | |
| 1. I express my emotions. | | | |
| 2. I set limits for myself. | | | |
| 3. I am flexible. | | | |
| 4. I can calm myself down. | | | |

Examples and Reflection

Devereux Adult Resilience Survey (DARS)

Please use the space provided to further reflect on examples for each DARS item. What specifically came to mind when you read and reflected on each item?

Example: For item 2, "I have a mentor or someone who shows me the way," one might actually write down the name of his or her mentor.

| Relationships | EXAMPLES |
|---|-----------------|
| 1. I have good friends who support me. | |
| 2. I have a mentor or someone who shows me the way. | |
| 3. I provide support to others. | |
| 4. I am empathetic to others. | |
| 5. I trust my close friends. | |

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Action Plan

Once you have completed the survey, reflect on your strengths and identify some goals. Make a simple plan, with specific action steps, for one or two items that you feel are important to improve. Regularly check in on your progress and then revisit the DARS.

Strengths

Highlight some of your almost always responses here. Recognize and celebrate the ways that you are already being resilient.

Goals

Review your DARS responses and decide on the one or two goals you would like to set. Your goals can be items under the category of “Sometimes” or “Not Yet” that you would like to strengthen.

Strategies

Decide on strategies that can help you meet your goals. Feel free to identify strategies from various sources.

“I’m not telling you
it is going to be easy.
I am telling you it is
going to be worth it.”

Art Williams

Reminder:

Our team recommends that you work on the strategies you wrote down on the previous page for the next two months. Then come back to this diary to complete your next DARS!

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