

## Resilience & Learned Optimism

### Multiple-Choice Questions

**The word “resilience” means:**

- Hopeful
- Able to “bounce back”
- A result
- Quietness or silence

**Our minds are like**

- a garden
- a mountain
- a tunnel
- oceans

**Which is a good thought?**

- I don’t care.
- I always do bad things.
- I will do better next time.
- Nobody likes me.

**When you are disappointed you should:**

- A. Blame others
- B. Talk about your feelings
- C. Be optimistic
- D. A and B
- E. B and C

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E. **B and C**