



Build Everyday Resilience with the People in Your Life

You can't remove their stress and you aren't responsible for it. You can help the people you care about handle it, learn from it, and keep showing up as their stronger selves.

Option 1: "Highlight + How" Question

- Ask: "What's something you did today that went well?"
- When they answer, reflect it: "You're getting stronger at ___." (Fill in a skill: planning, speaking up, staying patient, trying again, asking for help)
- Then ask: "How did you do that?" or "What helped you pull that off?"
- Why it works: It turns an ordinary moment into a chance to notice strengths and name them clearly. You help them see that what went well is repeatable because of choices they made. It trains our brains to scan for strengths and strategies, not just problems.

Option 2: "What's in Your Control?" Map

- Say: "Let's sort this into three buckets: what you control, what you influence, and what you can't control."
- Ask: "What's one thing you directly control here?" (your choices, effort, response)
- Ask: "What might you influence a little?" (who you talk to, how you ask, when you try)
- Ask: "What's clearly outside your control?" and then, "Given that, where do you want to put your energy?"
- Why it works: It lowers anxiety by naming what's uncontrollable and focuses their energy on realistic actions, which is a core resilience skill.

Option 3: Resilience Check-In

- Ask: "On a scale of 1-10, how resilient are you feeling today?"
- Then: "What's something good going on with you?"
- Then: "What's one thing you're worried about or finding tough right now?"
- Listen, thank them, find out if they want empathy, advice or an action

Why it works: They feel noticed and respected, not judged. You build trust and resilience through increased insight.

Want to learn more? Contact us at www.AskDrG.com