



Brief Resilience Scale

Fact Sheet

Why is Resilience Important?

Resilience has become a focus of research in the behavioral and medical sciences and how it relates to recovery from trauma. This includes early life trauma seen through adverse childhood experiences (ACEs). A person's level of resiliency may explain why the impact of ACEs varies from person to person. When considering your adverse childhood experiences and history of trauma, it is of equal importance to also consider your level of resilience.

Because of the connection between trauma and greater risks of long-term negative health outcomes, you might ask yourself – Does this mean all hope is lost? The short answer is no. When looking at people who have experienced trauma, we also must look at your “protective factors”.

These are characteristics or conditions that allow you to “bounce back”. Just like the connection between early life trauma and health impacts, there is a greater chance of being “protected” from negative effects related to traumatic experiences if you are resilient.

Resilience can be built and strengthened at any age. And it can be built regardless of what has happened in your past. This process of developing resiliency is deeply personal and varies over time. So, helping you build resilience first starts with a person-centered perspective - what has historically worked for you, what is important to you, what does resilience mean to you and what are the unique nuances related to your cultural and spiritual identity.

Are You Resilient?

One way we can measure resiliency is with the use of the Brief Resilience Scale (BRS). The BRS is a researched tool that measures your resiliency after trauma or stress. There are several tools like this that are publicly available; the BRS is just the one used by our team.

The BRS is a single-page activity where you assign a score between 1 and 5 to a series of statements. The scores (added and divided by the number of statements) determine your personal BRS score. The higher the score, the higher your resiliency.

What can I expect from my care team?

- **Balance:** Identifying positive and negative experiences across your life to help identify moments where you showed resilience.
- **Collaboration:** We are here to support you and to do that we must understand you and your experiences. We'll talk about successes, barriers, make plans, and have tough conversations. We'll do it together with you and others who are important to you and your decision making.
- **Care:** Free from judgment, even if we don't agree with you.
- **Honor:** We respect individual goals, even if they're different from what we hope for you.
- **Flexibility:** We aren't directive. We won't tell you what to do, but we will recommend or advise.
- **Value:** Your perspective is important. We'll bring in activities to help us better understand your life and experience in your words.
- **Dignity:** We will work to preserve your self-respect and self-esteem while helping you see where you have demonstrated resilience.



Brief Resilience Scale

Instructions: Check one box for each statement to indicate how much you disagree or agree with each of the statements. Please pay attention to the numbering for each statement.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I tend to bounce back quickly after hard times.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
3. It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4. It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
5. I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6. I tend to take a long time to get over setbacks in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Scoring the Brief Resilience Scale

Add the scores for each of the six questions and divide by six to determine the overall BRS score.

<input type="text"/>	/ 6 =	<input type="text"/>
(Total Score)		(BRS Score)

BRS score	Interpretation
1.00 – 2.99	Low resilience
3.00 – 4.30	Normal resilience
4.31 – 5.00	High Resilience

Source: Smith, B.W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P. and Bernard, J. (2008). The Brief Resilience Scale: Assessing the Ability to Bounce Back. *International Journal of Behavioral Medicine*, 15, 194-200.