

## Glossary

### Building Resilience

Use the terms and definitions below to understand concepts taught in the course.

Transcript search: Note that you can search for terms directly within the course. To search video text, switch to the Transcripts tab and then press Cmd/Ctrl+F on your keyboard to run a search within the active transcript.

Term	Definition
3:1 ratio	When dealing with the aftereffects of an adverse situation, try to use three positive comments or thoughts to one constructive comment or thought.
advisory board	The group of action-oriented individuals that you can confide in and debrief with. They coach you through an adverse situation and help you to process it in a way that eliminates emotion.
practice asking	The act of making requests you know could easily be declined in order to get accustomed to facing rejection. Rejection is the number one reason people avoid asking people for things, and if you practice in less important situations it will be easier to make big requests in the future.
reflection questions	The three questions you should ask yourself to analyze how you behaved in a stressful situation.  <ol style="list-style-type: none"><li>1. What could you have done differently?</li><li>2. How did you handle the situation?</li><li>3. Did you remain positive?</li></ol>
resilience	The ability to sustain energy through highly demanding tasks, and to bounce back from adverse situations.
state anxiety	The level of resilience that one can demonstrate in a specific occasion. In the context of this course, state anxiety describes how resilient one can be during stressful situations at work.
trait anxiety	The level of anxiety that people experience during ordinary life. This is easily monitored in an individual's daily interactions.