



## Appendix B: Devereaux Adult Resilience Survey (DARS)<sup>16</sup>

“This survey was created to support adults as they reflect on how to promote the capacity for resilience in themselves. Take time to reflect on and complete each item on the survey below. There are no right or wrong 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.” Reproduced from the Devereux Center for Resilient Children (DCRS), visit [this page](#) for more supplements.

Item	Almost Always	Sometimes	Not Yet
<b>Relationships</b>			
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.			
<b>Internal Beliefs</b>			
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 loveable.			
<b>Initiative</b>			
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.			
<b>Self-Control</b>			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down.			

Ways to cultivate resilience include:

- focusing on the positive, maintaining a hopeful outlook
- making meaningful connections with others
- keeping things in perspective (not viewing crises as insurmountable)
- meditating, praying and other spiritual / cultural practices
- exercising, including walking in nature
- being adaptable and accepting that change is a part of living
- moving toward goals and taking decisive actions<sup>30</sup>