

Resilience Scan

Please fill out and submit daily or weekly. All answers collected are anonymous.

* Indicates required question

How are you doing? *

Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
<ul style="list-style-type: none"> • Calm and steady with minor mood fluctuations • Able to take things in stride • Consistent performance • Able to take feedback and to adjust to changes of plans • Able to focus • Able to communicate effectively • Normal sleep patterns and appetite 	<ul style="list-style-type: none"> • Nervousness, sadness, increased mood fluctuations • Inconsistent performance • More easily overwhelmed or irritated • Increased need for control and difficulty adjusting to changes • Trouble sleeping or eating • Activities and relationships you used to enjoy seem less interesting or even stressful • Muscle tension, low energy, headaches 	<ul style="list-style-type: none"> • Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness • Exhaustion • Poor performance and difficulty making decisions or concentrating • Avoiding interaction with coworkers, family, and friends • Fatigue, aches and pains • Restless, disturbed sleep • Self-medicating with substances, food, or other numbing activities 	<ul style="list-style-type: none"> • Disabling distress and loss of function • Panic attacks • Nightmares or flashbacks • Unable to fall or stay asleep • Intrusive thoughts • Thoughts of self-harm or suicide • Easily enraged or aggressive • Careless mistakes and inability to focus • Feeling numb, lost, or out of control • Withdrawal from relationships • Dependence on substances, food, or other numbing activities to cope

1 2 3 4

Thriving Crisis

How do you perceive the overall team? *

1 2 3 4

Thriving Surviving

Any feedback you want to add?

Your answer
