



## DISCUSSION QUESTIONS – LEARNING COMMUNITY #4

What do you think Ann Masten means when she says, “resilience is distributed across systems”? How might the “systems” around a person affect their ability to respond to challenging circumstances?

What has helped you overcome challenges in your past?

Resilience is the capacity of a system (including a person) to adapt successfully to challenges that threaten its function, life, or development. How might poverty impact a person and the systems around them?

What resources does our community need in order to foster resilience? Which resources do we have, and what is missing? What is our role in securing those resources?

In what ways can volunteers and volunteer programs help strengthen resilience for those in poverty?

What are the benefits to fostering resilience within our communities, and within ourselves?

Did the presentation change the way you think about a person’s “resilience”?

### (Optional) Questions for Faith Groups:

Did anything in the video or in our discussion thus far resonate with you as it relates to our faith tradition?

What is built into our faith tradition that fosters resilience?

What does the information presented here call us to do? How can we strengthen our faith community’s resilience?