READINESS FOR ENHANCED RESILIENCE

related to effective meaningful communication

**Definition**

A pattern of positive responses to an adverse situation or crisis that can be strengthened to optimize human potential

**Assessment**

- Patient's perception of situation, coping mechanisms, problem-solving ability, decision-making competencies, relationships, family system

**Defining Characteristics**

- Access to resources
- Demonstrates positive outlook
- Effective use of conflict management strategies
- Expresses desire to enhance resilience
- Identifies available resources
- Increases positive relationships with others
- Makes progress toward goals
- Presence of a crisis
- Sets goals
- Takes responsibility for actions
- Verbalizes self-esteem

**Expected Outcomes**

- Patient will acknowledge readiness for enhanced resilience.
- Patient will verbalize the feelings of resilience.
- Patient will identify impact of resilience on growth.

**Suggested NOC Outcomes**

*Enhanced Self-Esteem; Enhanced Personal Potential; Knowledge: Health Behavior*

**Interventions and Rationales**

- Explore with client their process and growth in mastering a situation or crisis that enhanced their resilience. *Mastery of responses in crisis situations can generalize to future situations.*
- Listen therapeutically to client’s self-exploration and mastery. *Active listening is the key to the therapeutic alliance and accurate assessment.*
- Instruct the client to journal experiences for future reflection. *Journaling is a therapeutic tool for self-exploration and expansion.*
- Guide client to review life goals that might now be attainable. *Personal potential is maximized in an environment of resilience.*
- Encourage client to assist others or get involved to enrich the lives of others. *Humans benefit from shared positive experiences.*


**Suggested NIC Interventions**

*Coping Enhancement; Enhanced Human Potential*

**Evaluations for Expected Outcomes**

- Patient acknowledges readiness for enhanced resilience.
- Patient verbalizes the feelings of resilience.
- Patient identifies the impact of resilience toward growth.

**Documentation**

- Patient’s acknowledgement of readiness for increased resilience
- Patient’s statements regarding the impact of resilience on personal growth
- Patient’s feelings of resilience
- Evaluations for expected outcomes

**Reference**