Scout and Bailey are two dogs. Their owners are both emergency responders. They live next door to each other separated by a chain link fence. One has a pristine garden and the other’s garden is a little run down and overgrown. Their owners’ behavior has a lot to teach us about resilience.

SCOUT
How’s it going, owner still down?

BAILEY
Yep, still the same, struggling to get out of bed, didn’t sleep great last night and now is just lying there.

SCOUT
I’m so sorry, been going on a while now, I guess. Did he perk up when his kids came by last weekend?

BAILEY
A little, always puts on a bit of an act when they come by to stay but it’s not just the divorce. It’s the job, he can’t seem to shake it. He seems depressed all the time, drinks a lot, just stares into space, doesn’t want to do anything.

SCOUT
Are you even getting walked?

BAILEY
Rarely, just a few houses down and then he wants to go back and just sit in his chair staring at the TV, drinking. What is it? I mean your owner seems to be doing fine now after his bad accident. Both cope with the same stressors facing emergency responders, but I dunno.

SCOUT
My owner was pretty depressed for a while, too. But, I think it helped when he became a fitness fanatic. I mean now he is running with me all the time and I mean all the time.

BAILEY
You look like you lost a few pounds.
SCOUT
  You think so? I couldn't tell, I can't figure out the scale thing in his bathroom.

BAILEY
  You look good, I could lose a few.

SCOUT
  Really, didn't notice.

BAILEY
  That's nice of you to say but your owner, you think that's it, just keeping fit?

SCOUT
  Well, I also think it helps that he spends a lot of time with his friends. And I do think it helps that the wife and kids are around – sorry no offense.

BAILEY
  None taken, I do hear a lot of laughter coming from the house, I miss that sound over here.

SCOUT
  It is nice, hey, another thing, do you mind, I'm on a bit of a roll here, don't want to look like I'm boasting or anything.

BAILEY
  No go ahead, this helps

SCOUT
  You sure?

BAILEY
  Sure, what else helps him cope with work?

SCOUT
  Well, he talks to his buddies about Self-efficacy.

BAILEY
  I remember that term efficacy from my crossword puzzles. Does self-efficacy mean he feels confident, prepared, and ready for any situation at work?

SCOUT
  That's it, you nailed it. You're smart, for a dog.

BAILEY
  Thanks. Hmmm.....I hadn't used that term before, but I like it. Mind if I start using that self-efficacy phrase, sort of rolls off the tongue, SELF EFFICACY!

SCOUT
  Sure, go ahead, it's not trade-marked or anything.
BAILEY
Your owner also seems to really believe in what he is doing, seems to have found his calling. Like it gives him meaning, a purpose.

SCOUT
It is true, he loves his job. I think he is very good at it. Hey, maybe we should try and get our owners to go on a walk together, so my guy can tell yours how it be more resilient. Maybe we help get your owner to start enjoying life again.

BAILEY
That would be great. You’re a good friend, Scout.

Contact our friends at the Headington Institute for more information or assistance. They’re here to help.