**Supplement 2:** Brief Resilience Coping Scale (BRCS)

The BRCS is a validated tool that evaluates an individual’s resilience and tendencies to cope with stress.

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| --- | --- | --- | --- | --- | --- |
|  | Does not describe me at all | Does not describe me | Neutral | Describes me | Describes me very well  |
| I look for creative ways to alter difficult situations. | 1 | 2 | 3 | 4 | 5 |
| Regardless of what happens to me, I believe I can control my reaction to it. | 1 | 2 | 3 | 4 | 5 |
| I believe that I can grow in positive ways by dealing with difficult situations. | 1 | 2 | 3 | 4 | 5 |
| I actively look for ways to replace the losses I encounter in life. | 1 | 2 | 3 | 4 | 5 |