

THE PRINCIPLES OF RESILIENCE

Bending without Breaking

Predicting challenges, maintaining a sense of control, strengthening relationships, fostering trust and finding meaning are critical to building resilience and navigating stress.



Controllability

Keep An Even Keel

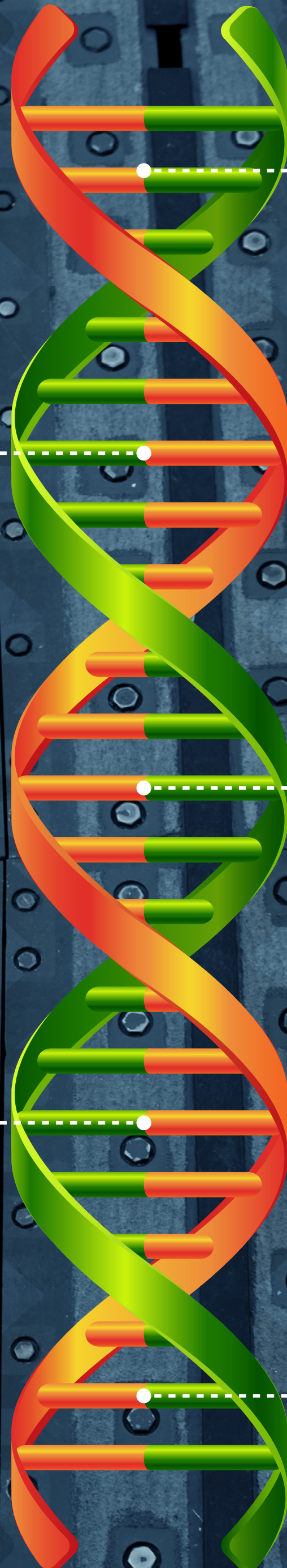
Controllability is about making choices that help restore a sense of empowerment during adversity – from emotional responses to problem-solving actions.



Trust

Know Who to Turn To

Presence of trust increases willingness to confide in others, utilize resources and address concerns before stress injuries occur.



Predictability

Be Ready

Negative outcomes are less likely when we prepare for expected challenges and plan for the unexpected.



Relationships

Stay Connected

Loss of important relationships and a sense of belonging can increase stress and lead to cracks in one's foundation of resilience.



Meaning

Find Purpose

A sense of purpose promotes healthy stress navigation, thoughtful decision making and better performance.

