

Developing Resiliency Skills

GRATITUDE

The ability to notice the good things, people, and places in your life.

KINDNESS

Giving and receiving thoughtful words and caring actions.

MINDFULNESS

Noticing your thoughts, feelings, and physical sensations in the present moment.

Resiliency gives you the ability to bounce back from setbacks and deal with life's challenges. The foundations of resiliency consist of these 8 key areas.

SELF-COMPASSION

Your ability to be kind and accepting to yourself when you make a mistake or face a challenge.

EMOTIONS

Your ability to identify, name, and understand your feelings.

GROWTH MINDSET

A set of beliefs that shape how you view the world and yourselves.

COPING TOOLS

Strategies you use or activities you do to manage your big emotions and regulate your body.

CHARACTER STRENGTHS

Your capacity for a way of behaving, thinking, or feeling that energizes you.

Learning healthy ways to cope will allow you to recover more quickly from struggles. This helps you become more confident and build resilience!

