The Characteristics of A Resilient Person

**COGNITIVE FLEXIBILITY**
- Being aware of negative thoughts
- Avoiding perfectionism

**ACTIVE COPING SKILLS**
- Seeking out resources
- Engaging in healthy responses to stress

**EMOTIONAL SELF-REGULATION**
- Having the ability to focus
- Planning ahead

**OPTIMISM**
- Being hopeful for the future
- Having a sense of humor

**PHYSICAL WELL-BEING**
- Getting good sleep
- Having healthy eating and exercise habits

**SUPPORTIVE SOCIAL NETWORK**
- Building prosocial skills that foster supportive relationships
- Engaging in positive communities

**MINDFULNESS/SPIRITUALITY**
- Having positive core values/beliefs
- Finding meaning and purpose in life