

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

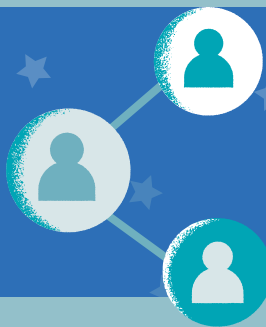


OPTIMISM

- 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

