



“Resiliency is the ability to survive and thrive amidst change, disruption and adversity without exhibiting dysfunctional behaviors”

Five Domains Ten Dimensions

OUTLOOK	Realistic – quickly assesses the unvarnished truth	↔ <i>Sees both reality and potential</i>	Optimistic – sees potential in the present and makes plans for a positive future
REBOUND-ABILITY	Stable – acts with purpose and focus based on enduring values	↔ <i>Effectively meets challenges through clear purpose and flexible tactics</i>	Flexible – responds to new situations with fresh and appropriate actions
ENERGETIC FOCUS	Externally Engaged – meets challenges head-on with energy, passion and commitment	↔ <i>Controls and directs energy both inward and outward</i>	Internally Engaged – looks non-judgmentally at one’s own actions and underlying beliefs
NURTURANCE	Self Care – nourishes physical, emotional and mental energy by caring for oneself	↔ <i>Nourishes physical, emotional and mental energy by caring for self and others</i>	Other Care – cares for other individuals, the larger system and the environment
RELATIONAL INTELLIGENCE	Interdependent – works in partnership with others, gives and receives	↔ <i>Discerns accurately when to act as a community member and when to act independently</i>	Independent – follows one’s own convictions amidst contrary judgments