RESILIENCE MODEL

- Are you able to positively reframe negative experiences?
- Can you accept what you cannot change, and focus your efforts on those things you can?
- Are you solution-driven or do you tend to get stuck in the problem?
- Are you good at facing fully negative information while not dwelling on it?

- Do you make time to exercise regularly?
- Do you get enough sleep?
- Do you ensure you eat a healthy diet?
- Do you make time in your schedule for the pursuit of activities that give you joy and/or help you relax?

- Do you acknowledge your feelings and express them appropriately?
- Are you able to change your mood when you need to?
- How intentional are you about providing support to others?

- Do you have a strong and reliable network of colleagues inside and outside of work that will help you through difficult times?
- Are you able to meet your varied needs through a diverse support network?

- Do you have a clear sense of purpose at work?
- Do you know your personal strengths and make the opportunity to use them regularly in your work?
- Do you have a clear sense of your own values and act in a way consistent with those values?
- Does your work fit well with your personal values and beliefs?