

AI-Based Resilience Assessment Report

Date: 09-02-2026

Total Score: 98

Resilience Level: Moderate Resilience

AI Recommendations

- Practice structured problem-solving during stressful situations.
- Engage in mindfulness or breathing exercises daily.
- Reflect on past failures and identify lessons learned.
- Strengthen social connections and seek support when needed.
- Set realistic goals and celebrate small achievements.