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Defense Suicide Prevention Office

What is Resilience?

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Resilience Conceptual Model



The Resilience Conceptual Model illustrates the three phases of resilience.

- Resilience can be **built and sustained**, **supported**, and **reinforced** through resources and training.

Build and Sustain:

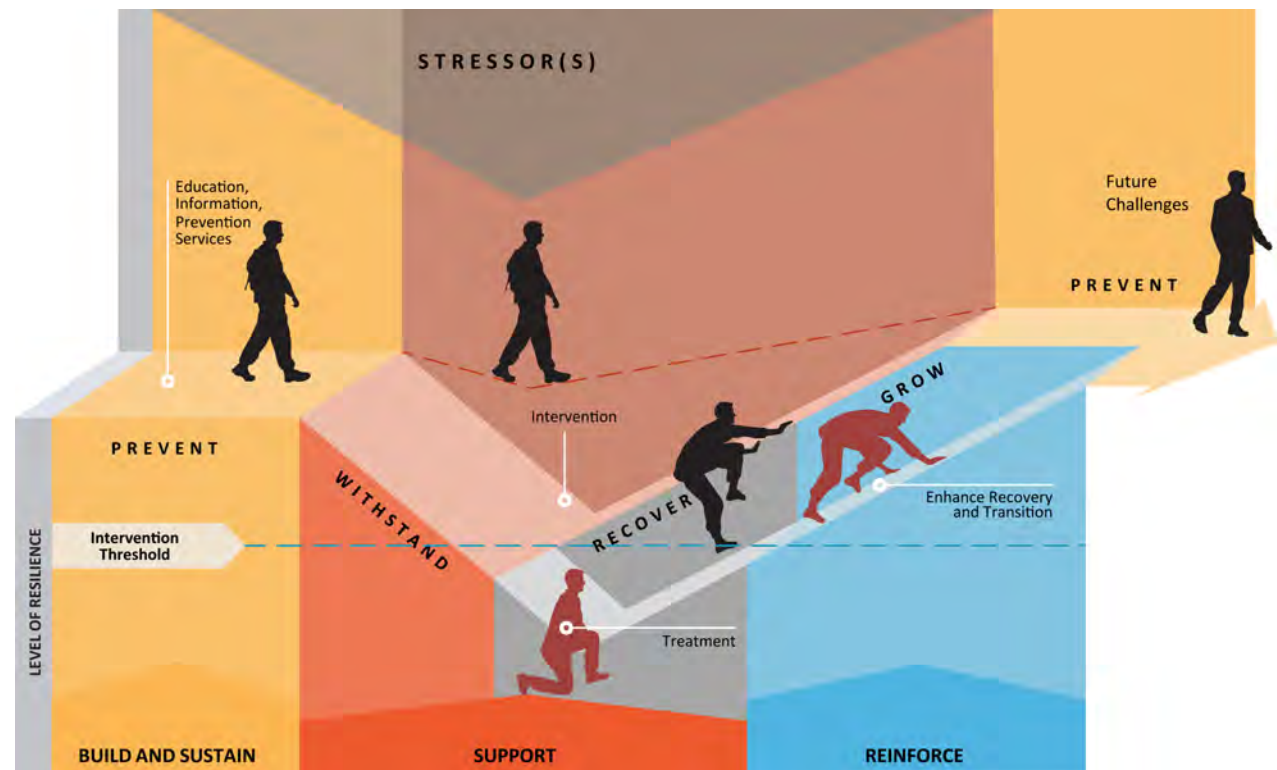
- Resilience can be built by accessing resources and improving the ability to handle stress.
- This stage can carry a person through hard times.

Support:

- Support is the ability to withstand significant stress. This may include a treatment phase.

Reinforce:

- Reinforce means moving forward from stressful times with greater knowledge, skills, and abilities than before.



Four Domains of Resilience



There are four domains of resilience that a person can work to build and sustain, support, and reinforce.

Mind:

- Employing emotional, cognitive, and active coping strategies such as positive thinking.

Body:

- Learning, practicing, and maintaining healthy behaviors such as eating right, staying fit, and getting enough sleep.

Spirit:

- Finding meaning, identifying with a greater purpose, and making decisions reflecting one's values.

Social:

- Finding strength and support through family, friends, peers, community, and a healthy command climate.



MIND

Emotional Resilience

Cognitive Resilience

Positive Coping

Access to Support



BODY

Physical Fitness

Physical Activity

Behavioral Fitness

Nutrition



SPIRIT

Values and Ethics

Meaning-Making

Spirituality

Religion



SOCIAL

Family

Peer Support

Command Environment

Community

Snapshot of “Mind” Domain



MIND

“The ability to utilize support resources and foster emotional, cognitive, and active coping strategies before, during, and after times of stress and changing demands”

Emotional resilience: The building and sustaining of positive emotions that promote psychological health and well-being

Emotional
Resilience

Cognitive resilience: The capacity to navigate stress through active and purposeful assessment and problem solving

Cognitive
Resilience

Access to support:
Having resources and support mechanisms (both real and perceived) that enable resilience and reduce stigma related to accessing care

Access to
Support

Positive coping: The process of cultivating well-being and buffering against stress by applying active, healthy, problem-focused, approaches

Positive
Coping

Snapshot of “Body” Domain



BODY

“The ability to adopt and sustain healthy behaviors needed to enhance health and well-being, before, during, and after times of stress and changing demands”

Physical Fitness: A set of health- and performance-related attributes relating to the activities and condition of the body

Physical
Fitness

Physical Activity: bodily movement produced that requires energy expenditure above a basal level

Physical
Activity

Nutrition: The science that deals with food and nourishment, including dietary guidelines, food consumption, food composition, and the roles that various nutrients have in maintaining health

Nutrition

Behavioral Fitness: Refers to the relationship between one’s behaviors and their positive or negative health outcomes

Behavioral
Fitness



Snapshot of “Spirit” Domain



SPIRIT

“The ability to interpret meaning in one’s life, identify with a purpose greater than one’s self, and make decisions reflecting one’s values”

Values and Ethics: Principles followed to guide the decision-making process

Values and
Ethics

Meaning-Making: Viewing life’s problems as challenges, rather than burdens

Meaning-
Making

Religion: Religious institutions and communities, rituals, and belief systems that reflect a specific doctrine

Religion

Spirituality: Identification with a purpose, mission, and/or deity which transcends the self

Spirituality

Snapshot of “Social” Domain



SOCIAL

“The ability to initiate, maintain and utilize social resources and connections before, during, and after times of stress and changing demands”

Peer Support: People providing experience, emotional, social, knowledge, and/or practical help to each other

Peer Support

Family

Family: A basic social relationship defined either by legal standards or socially-established criteria which may include shared residence, marriage or civil commitment, directly shared resources, or a shared lineage

Community: Social connectedness developed through the utilization of shared resources, geographical proximity, or active participation in services, institutions, and social networks

Community

Unit and
Command
Environment

Unit and Command Environment: A supportive climate that fosters a culture of trust, mutual respect, and self-discipline that bolsters morale and unit cohesiveness