

6 Pillars of Resiliency



- **Self-awareness** = Self-awareness is the ability to identify your own thoughts, emotions, behaviors, and physiology. Increasing your self-awareness is the first essential step in building resiliency. Most importantly, the goal is to *develop a better understanding of what your needs are* in any given moment.
- **Self-regulation** = Self-regulation is being able to change your thoughts, emotions, behaviors, and physiology. Self-regulation helps you understand in what ways and how to transition yourself. Developing a ***strong autonomic nervous system*** is the most crucial element to this.
- **Mental agility** = Mental Agility is the ability to ***think flexibly*** and take in other perspectives and views on adversities. Having Mental Agility enables you to 'think outside the box' and try new things. This is a skill that can be ***practiced*** and developed over time.
- **Strength of character** = Strength of Character is having the knowledge of your ***top character strengths*** and knowing how to use them. You believe in the strengths that you have and use them to the best of your abilities. By having Strength of Character you can use your strengths to help yourself and others grow as a person.
- **Connection** = Connection is the competency of having strong relationships, supporting others, and having positive and effective communication skills. By having Connection, you can easily communicate with people and you know how to help people feel better and support them. Building ***trust*** is the most essential component to building connection with others.
- **Optimism** = Optimism is being able to accurately ***describe when good and bad things happen***. Additionally, a primary skill to be developed is how we feel when good things are happening to us (such as a compliment).