

ADDRESSING RESILIENCY



Self-Awareness

The ability to pay attention to your thoughts, emotions, behaviors, and physiological reactions.



Self-Regulation

The ability to change one's thoughts, emotions, behaviors, and physiology in the service of a desired outcome.



Mental Agility

The ability to look at situations from multiple perspectives and to think creatively and flexibly.



Strengths of Character

The ability to use one's top strengths to engage authentically, overcome challenges, and create a life aligned with one's values.



Connection

The ability to build and maintain strong, trusting relationships.



Optimism

The ability to notice and expect the positive, to focus on what you can control, and to take purposeful action.

Cognitive and Emotional Well-Being Interventions.

- Research shows that improving cognitive and emotional well-being has significant impacts on several domains, including mental health, physical health, well-being, and academic/workplace performance factors.

Optimism

- Cultivating optimism is beneficial in increasing resilience, mental and emotional well-being, social support, relationship satisfaction, productivity, and success

Positive emotions

- The experience of positive emotions can increase one's creativity, problem solving, relationship satisfaction, trust, and prosocial behaviors, while also decreasing stress
- focusing attention on the present moment and positive rumination were associated with higher levels of positive affect. Telling others about positive events was associated with increased satisfaction with life.

Gratitude & awe

- The practice of gratitude and awe has been shown to increase sleep, physical health, critical thinking, humility, kindness, productivity, and job satisfaction while decreasing depression, anxiety, stress, entitlement, and materialism
- directing one's attention to three good things daily for a period of one week has been shown to reduce depressive symptoms through three to six months' follow-up relative to the control group, and increase and sustain happiness through six months, provided participants continued the exercises on their own.
- completing a gratitude visit
- reflect daily on what they are grateful for

rejuvenation

- Those who practice rejuvenation are shown to have increases in life satisfaction, pain tolerance, greater attention in high-demand tasks, and social support while decreasing depression and stress
- It has been found that meditation practice can increase daily experiences of positive emotions
- Deliberate breathing has proven to be effective in preventing stress related working memory impairments
- relaxation training

Character Strengths Interventions

- Those who use and cultivate their character strengths are shown to have increased wellbeing, life satisfaction, happiness, workplace engagement, as well as decreased incidences of depression

Strong Relationships Interventions

- Research indicates that relationships are critical to well-being, and interventions that teach interpersonal communication skills and build strong relationships enhance well-being and performance
- Resolving interpersonal issues
- Support systems shown to have positive outcomes in response to trauma and disasters

<https://www.cstsonline.org/fact-sheet-menu/fact-sheet-list>