

Self awareness

Knowing who I am and my strengths and challenges

Knowing my triggers for pressure/tension/stress

Knowing how I feel at any moment in time (including awareness of my physical, mental and emotional states)

Self regulation

Detecting and managing changes in physical, mental and emotional states

Maintaining the balance between too much and too little pressure/tension/stress

Managing strong impulses and emotions

Acceptance

Able to see reality and accept what is and what has changed

Realistic about what can or cannot be changed

"Do I truly understand - and accept - the reality of my situation?"

Self efficacy

The capacity to make realistic plans and take steps to carry them out

Skills in communication and problem solving

Positive outlook and belief that I can achieve the goals I set myself and I can overcome the difficulties that occur

Meaning and purpose

Having an overall sense of purpose and meaning

Able to frame difficulties in that broader scheme

"Meaning making is the way resilient people build bridges from present day hardships to a fuller, better constructed future"

Improvising solutions

Ability to improvise a solution to a problem without proper or obvious tools or materials

The ability to make do with whatever is at hand

Creative in using available resources or putting objects to un-familiar uses

"Companies that survive regard improvisation as a core skill"

Self care

Managing physical well being e.g. sleep, movement, breathing, nutrition, laughter, fitness

Managing mental and emotional well being e.g. self-belief, positive outlook, learning mind-set, goal/solution orientation, ability to re-frame, language

Making choices that promote well being

Connection

Having caring and supportive relationships within and outside the family

Relationships that create love and trust, provide role models and offer encouragement e.g. connecting with supportive others, talking through sources of pressure and tension, seeking & receiving feedback, having co-coaching buddies