



























# The Many Sources of Resilience














## 'Rugged' Qualities (R1)














-  **A powerful identity:** Our identity depends upon the many diverse roles we play.
-  **Altruism/Cooperation:** Helping others without expecting a reward, as well as supporting others and a willingness to ask for support.
-  **Communication skills:** The ability to communicate well with those around us and tell them what we need.
-  **Conscientiousness:** Being careful and diligent when carrying out a task.
-  **Help-seeking:** Knowing who to ask and where to go to get help when we need it.
-  **Creativity:** Thinking and doing things in new or different ways.
-  **Critical thinking:** The ability to think about an issue carefully and make better judgements.
-  **Decision-making:** To confidently make decisions about important things that affect us.
-  **Empathy:** Understanding and appreciating the needs and feelings of others.
-  **Flexibility:** Being able to easily shift our attention; to think about things differently as we gain new information.
-  **Goal-setting:** Focused attention on achieving the things that matter most to us.
-  **Gratitude:** Appreciating the positive aspects of life.
-  **Humour:** Looking for the amusing parts of life; maintaining a good mood under stress.
-  **Meaning-making/Spirituality:** The belief that our lives have a higher purpose and are meaningful.

-  **Mindfulness and self-regulation:** Being aware of ourselves and the world around us; being able to control our thoughts, feelings and behaviours.
-  **Morality:** Having a code of conduct that guides us through life and promotes socially just behaviour and kindness towards others.
-  **Motivation/Perseverance:** The ability to continue behaving in ways that help us get through difficult times.
-  **Optimism/Hope:** A belief that things will get better in the future.
-  **Physical activity:** Being active enough to maintain physical and mental wellbeing.
-  **Positive emotions:** Pleasant and enjoyable feelings that help us endure difficult times.
-  **Problem-solving:** The ability to consider potential solutions to a problem and choose the best one.
-  **Self-actualisation:** Personal growth and the experience of reaching our full potential.
-  **Self-care/Self-Compassion:** Taking the time to physically and mentally recover from stress.
-  **Self-efficacy:** Our belief in our ability to change the world around us and have control over the decisions that affect our lives.
-  **Self-esteem/Confidence:** The feeling that we are showing others our best selves without inhibition.
-  **Sleep hygiene:** Maintaining healthy patterns of sleep such as bedtime routines and getting the right amount of rest.



## Resources (R2)

-  **A diverse community:** Engaging with others from different backgrounds and cultures.
-  **A supportive peer group:** Building and maintaining relationships with supportive peers.
-  **Access to mental and physical health care:** The ability to access health care when and where we need it.
-  **Access to leisure activities and spaces:** Having places where we can go to engage in leisure activities.
-  **Accountability/Reasonable consequences for one's actions/Opportunities to fix one's mistakes:** Having reasonable consequences for our actions and the opportunities to correct what we've done wrong.
-  **Advocacy if treated poorly:** When treated unfairly, access to someone who will speak up for our needs.
-  **Appropriate use of social media:** Contact with others through social media without feeling the pressure of social comparisons.
-  **Contact with extended family:** The opportunity to spend time with the people we consider to be in our extended family.
-  **Contact with one's elders:** Contact with people who are generations older than us.
-  **Cultural practices/Family and community traditions:** Awareness of community and family traditions which are part of our culture, and opportunities to participate in cultural practices.
-  **Education/Training:** Opportunities to learn the skills we need to succeed in life.
-  **Equitable access to opportunities:** Opportunities to realize our full potential, without experiencing prejudice.
-  **"Good enough" parenting and caregiving:** Being cared for by others in ways that make us feel like we matter.

-  **Housing, supports, and connectivity:** Being adequately housed, with the supports we need, and confident that we can live where we want to live.
-  **Meaningful employment:** Participating in work we recognise as valuable.
-  **Mentors and mentoring:** Guidance and support from those more experienced than ourselves.
-  **Opportunities to make decisions for oneself (appropriate to one's age and abilities):** Access to opportunities to make decisions that affect our lives.
-  **Opportunities to use one's talents:** Opportunities to use our talents and be acknowledged for the contribution we make.
-  **Regular routines:** Parts of our lives are predictably the same from one day to the next.
-  **Physical safety/Public security:** Living free of harm and having trust in authority figures.
-  **Proper nutrition:** Access to food which is appropriate for our lifestyle and good health.
-  **Protection from discrimination and respect for one's human rights:** Living free from discrimination.
-  **Reasonable expectations for how one should behave:** Reasonable expectations from others that we behave in ways that are in our own best interest (like going to school or work, or completing tasks on time).
-  **Relationships with others in one's community:** In addition to family and friends, interactions with a large social network.
-  **Social efficacy and citizenship:** Experiences of social and political power that let us shape the world around us.
-  **Transportation:** Having the means to reach the places we need to go, whether by public transit or in a personal vehicle.