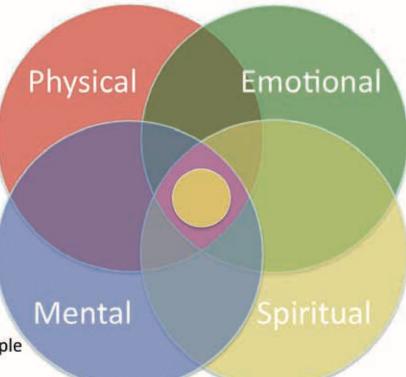
Dimensions of Resilience

WHEN I AM RESILIENT....

- I have strength, stamina, endurance
- I have inner balance and inner flexibility and I am physically strong
- I can express my emotions in a healthy way
- o I have a positive outlook in life
- o I can self regulate
- o I am emotionally flexible

Dimensions of Resilience

- Physical Flexibility
- Strength
- Endurance
- Mental Flexibility
- Sustained focus
- Rational/ intuitive
- Incorporate multiple points of view



- Emotional Flexibility
- · Positive outlook
- Self-regulation
 - Spiritual Flexibility
- Commitment to values
- Tolerance for others' values and beliefs

Source: HeartMath Institute

- $_{\circ}$ I have good attention span
- $_{\circ}$ I have the ability to focus that attention
- $_{\circ}$ I have open and curious mind
- I am incorporate multiple points of view
- o I am mentally flexibility

- I live in accordance with my core value and beliefs
- I can tolerate other people values and beliefs
- o I am spiritually flexible



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"The best and most beautiful things in the world cannot be seen or even touched they must be felt with the heart"

Helen Keller



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