

Resilience

Twelve Resources for Resilience

Resilience is the ability to effectively rebound from adverse psychological or environmental events—to navigate challenges with awareness, intention, and skill. We cultivate our individual resilience by turning our past experiences into lasting inner resources from which to draw strength in difficult times.

A product of our ancient evolutionary history, every human being has three basic needs: **safety**, **satisfaction**, and **connection**. Each of these three needs is best met by four inner strengths, and together, these 12 mental resources are what make us resilient.



Inner Strengths for Safety

Compassion – Being sensitive to the burdens and suffering of others and ourselves, along with the desire to help with these if we can.

Grit – Being doggedly tough and resourceful.

Calm – Emotional balance and a sense of capability in the face of threats.

Courage – Protecting and standing up for ourselves, including with others.

Inner Strengths for Satisfaction

Mindfulness – Staying present in the moment as it is, rather than daydreaming, ruminating, or being distracted.

Gratitude – Appreciating and feeling good about what already exists.

Motivation – Pursuing opportunities in the face of challenges.

Aspiration – Reaching for and achieving results that are important to us.

Inner Strengths for Connection

Learning – Growing and developing, a process that allows us to cultivate all the other strengths.

Confidence – Feeling a sense of being cared about, worthy, and self-assured.

Intimacy – Being open to knowing and being known by others.

Generosity – Giving to others through altruism, compassion, and forgiveness.