

The 10 Foundations of Resilience

1. Mindset & Thinking Patterns

Recognising thinking patterns, their impact on emotions, behaviours, and physiology, and knowing how to constructively shift them.

2. Personal Responsibility

Maintaining a healthy sense of personal responsibility while differentiating between what you can control and knowing what you need to accept.

3. Physical Well-being & Energy Management

Balancing intense activity with deep recharge in physical, mental, emotional and spiritual aspects of energy.

4. Positive Emotions & Gratitude

Cultivating gratitude and being able to experience positive emotions in challenging times.

5. Self-awareness

Relating to yourself in a positive way while acknowledging present emotions. Knowing yourself and your own personality traits, strengths and values.

6. Self-regulation

Managing your own reactions, emotions, behaviours, attitudes and motivation in a constructive way.

7. Attitudes & Confidence

Sustaining positive, confident and constructive attitudes towards the world, situation, and yourself.

8. The Power of Meaning

Crafting a sense of meaning in life and finding meaning in a challenging situation.

9. Social Connections and Environment

Cultivating relationships and leveraging them for wellbeing. Recognising empowerment opportunities in your surroundings and circumstances.

10. Adaptability

Developing a broad range of coping strategies and flexibility to leverage the optimal ones in each situation.