



Resilience Markers

Self-awareness

- Practice emotional awareness
- Use self-compassion
- Tap into personal strengths
- Hold a sense of purpose
- Distinguish what is & isn't in their control

Well-being

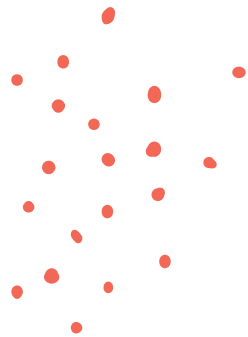
- Prioritize health and self-care
- Utilize a self-regulation practice
- Ensure time for recovery and relaxation
- Implement work and life routines to manage everyday stressors

Support/Connection

- Readily asks for support
- Seek feedback and input
- See collaboration as essential to progress
- Maintains a personal & professional support system
- Handle mistakes with grace

Adaptability

- See uncertainty & change as impermanent
- Reframe negative thoughts to better align with reality
- View setbacks and mistakes as opportunities to learn
- Minimize negativity around them
- Move forward & take action



Your Resilience Action Plan

Purpose

What gets you out of bed every day to do this work?
What's it all for you? What keeps you in the arena?

Mindset

What mantras, quotes, or personal insights help you feel empowered, inspired, comforted, & optimistic? What mindset will keep you in a resilient state?

Your walk-up song: _____

Community

Identify your support circle. Who can you reach out to?
Who do you lean on? Who will be candid AND caring?

Recharge

Identify your well-being practices. What practices can you put into place for your physical and mental well-being? What will you do to take a break?

