Resilience Areas

Basic Needs
- Home
- Health and wellness
- Sleep
- Play
- Non-judgmental supporters

Belonging
- Identifying purpose
- Healthy relationships
- Reasonable responsibilities

Learning
- Continual growth
- Teaching others
- Future plans
- Life skills
- Achievements

Coping
- Managing emotions
- Problem-solving
- Seeking support
- Bravery
- Positivity

Core Self
- Sense of hope
- Considering others
- Defining talents and interests

Hart and Blincow, 2007