

# Discover how the Core Concepts of Mind Resilience Apply to 13-18 Years

## Sense of Competency

1. Self-motivated/sense of autonomy
2. Has initiative; sees things through to completion
3. Has integrity, high standards
4. Incorporates new knowledge
5. Forming coherent sense of self

## Caring & Respect of Self & Others

1. Value win-win solutions
2. Can show forgiveness
3. Cares about what happens to others
4. Has capacity for intimacy
5. Shows gratitude for successes

## Problem Solving & Coping Skills

1. Seeks others' expertise
2. Has self-management skills
3. Takes ownership and responsibility
4. Ability for abstract thinking
5. Understands cause and effect

## Optimism & Hope for the Future

1. Able to laugh at oneself
2. Future and goal oriented
3. Has creative outlets for self-expression
4. Seeks out and can enjoy times of peace and quiet
5. Sees life as basically good and positive

## Ability to Reframe Stress

1. Can accept ambiguity/uncertainty
2. Connects attitude with behavior
3. Deals with adversity and the unexpected
4. Has positive outlets to reduce stress

5. Puts things in perspective

## Sense of Purpose & Meaning

1. Explores different belief systems
2. Has a belief that one's life matters
3. Wants to plan for a rewarding
4. Has a sense of belonging to a community
5. Tries to live by their core values