

Discover how the Core Concepts of Mind Resilience Apply to 19-29 Years

Sense of Competency

1. Puts effort into skill building and mastery in areas of interest
2. Can weigh the pros and cons of different courses of action
3. Applies skills and knowledge for success in job/academic settings
4. Beginning to just and rely on one's own judgment and character

Caring & Respect of Self & Others

1. Developing strong friendships and intimacy in relationships
2. Creating and identity outside of roles with family and friends
3. Has a desire to give back, or to be involved in improving one's community
4. Forming an appreciation of diversity and individual differences

Problem Solving & Coping Skills

1. Is curious about life, and how things work
2. Recognizes the need, at times, to see beyond the present situation
3. Shows integrity in an ability to negotiate and compromise
4. Engages in self-reflection and improvement

Optimism & Hope for the Future

1. Approaches life with a sense of adventure and possibility
2. Developing abilities and confidence to plan and realize goals
3. Can articulate present needs, and future aspirations
4. Can use humor for enjoyment and engagement

Ability to Reframe Stress

1. Uses diverse skills that enhance a sense of well being
2. Has insight into how thoughts, feelings, and behaviors are interrelated
3. Values, and tries to maintain, a positive and balanced attitude towards life
4. Beginning to form, and live by, a set of core beliefs

Sense of Purpose & Meaning

1. Creativity and artistic outlets are valued forms of self-expression
2. Has a greater understanding of the complexity of life

3. Seeks times of discovery and exploration
4. Invested in being active in mind, body, and spirit