

Discover how the Core Concepts of Mind Resilience Apply to 30-44 Years

Sense of Competency

1. Exhibits confidence in putting words into actions
2. Collaborative in personal and professional settings
3. Learning the value of interdependence
4. Becoming more autonomous, free thinking

Caring & Respect of Self & Others

1. Invests in long lasting relationships that enhance life
2. Shows increasing compassion for others who are struggling
3. Values a sense of self that is maturing and thoughtful
4. Nurtures, and relies on, a social support system

Problem Solving & Coping Skills

1. Uses trial, error, and success to generalize skills
2. Uses energy and imagination in being solution focused
3. Increased ability for introspection
4. Have creative and physical outlets that improve overall functioning

Optimism & Hope for the Future

1. A sense that one's life, and place in it, is connected and consistent
2. Values and demonstrates intrinsic motivation
3. Expectation that hard work and commitment will pay off
4. Exhibits perseverance during times of uncertainty

Ability to Reframe Stress

1. Promotes positive self-talk and beliefs
2. Can differentiate subjective and objective stress
3. Accepts and embraces change as a given in life
4. Recognizes the potential for personal growth that comes with adversity

Sense of Purpose & Meaning

1. Personal happiness becomes more tied to the well-being of others
2. Life satisfaction becomes more connected to what one values

3. Has a desire for a sense of legacy/belonging/”roots”
4. Wants to engage in community effort or cause