

# Discover how the Core Concepts of Mind Resilience Apply to 45-64 Years

## Sense of Competency

1. Prioritizes goal attainment, and intrinsic rewards
2. Maintains direct and open lines of communication
3. Becoming more open to alternative ways for measuring success
4. Finds solutions in ways that are practical and applicable

## Caring & Respect of Self & Others

1. Being willing to be passionate and take a stand for something one believes
2. Tries to live by standards that respects the dignity and rights of all people
3. Friendships are a source of joy and companionship
4. Being closer to family and friends reviews a sense of connection and gratitude

## Problem Solving & Coping Skills

1. Becomes more patient in allowing solutions to unfold, and resolve
2. Learns to let go and be okay with not having all the answers
3. Seeks opportunities for personal and professional growth
4. Has a support system to confide in when in doubt

## Optimism & Hope for the Future

1. Takes comfort in having strong ethical beliefs
2. Takes responsibility for one's own happiness
3. Acceptance of multiple forms of spiritual growth and expression
4. Committed to refining one's best qualities

## Ability to Reframe Stress

1. Uses successful strategies for mitigating conflict
2. Developed sense of competency in response to ongoing change
3. Ability to adapt to changing roles, and social and economic influences
4. Feels positive when involved in healthy activities and self-care

## Sense of Purpose & Meaning

1. Remains optimistic about life, and one's role in it
2. Curiosity and creativity take on renewed importance

3. Life is enriched by accumulated knowledge and experience
4. Retrospection is used for self-improvement in going forward