

Discover how the Core Concepts of Mind Resilience Apply to 65-79 Years

Sense of Competency

1. Self-sufficiency and independence are a priority
2. Maintains old skills and engages in new activities
3. Engages in opportunities to teach and mentor others
4. Tries to remain physically and mentally active

Caring & Respect of Self & Others

1. Socially engaged in community/reactional activities
2. Practices forgiveness and compassion to self and others
3. Sharing of insights and wisdom from lessons learned in life
4. Advocates for and promotes the best in others

Problem Solving & Coping Skills

1. Self-efficacy
2. Learning new adaptive skills
3. Letting go of past injuries and reframing disappointments
4. Ability to adapt to changing life roles

Optimism & Hope for the Future

1. Wants to leave the world a better place
2. Appreciation of moments in time
3. Viewing one's self as young at heart and in spirit
4. Ability to laugh and to have peace of mind

Ability to Reframe Stress

1. Appreciation of the value and passage of time
2. Enjoys the freedom of thought and action
3. Self confidence in being true to one's convictions
4. Acceptance of the things that cannot be changed, including aging

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 career
4. Has a sense of belonging to a community
5. Tries to live by their core values