

Discover how the Core Concepts of Mind Resilience Apply to Family and Community Resilience

Sense of Competency

1. Provide opportunities for individuals to develop skills to work and live independently
2. Leaders demonstrate and promote community equality and justice
3. Economic development and success is shared across neighborhoods
4. Provides opportunities for healthy and affordable leisure activities for all

Caring & Respect of Self & Others

1. Demonstrates fairness and inclusion in community decisions
2. Families and individuals are invested in, and take pride in their communities
3. All families are valued by their community
4. Families feel they belong, and are engaged in civic groups/clubs in their communities

Problem Solving & Coping Skills

1. Resources and activities are available and used effectively
2. Communities are prepared to prevent and respond in crisis situations
3. Individuals participate in action that is mutually beneficial
4. Families and communities are interdependent, but also promote self-reliance

Optimism & Hope for the Future

1. Communities are committed to enhancing the quality of life for all
2. Lifelong learning is valued and promoted
3. People have, and create, meaningful opportunities to improve their communities
4. Efforts to ensure community safety and growth are a priority

Ability to Reframe Stress

1. Community challenges are viewed as opportunities for improvement
2. Unmet needs are recognized and move communities to collective solutions
3. Opportunities are created for quality housing, education, jobs, and health care
4. All families have recreational, spiritual, and cultural outlets that improve community health

Sense of Purpose & Meaning

1. Communities have a vision for the future, and celebrate success
2. Communities and families are committed to enhance the skills and talents of future generations
3. An individual's sense of belonging contributes to the betterment of the community
4. The wellbeing of families creates a shared identity and purpose