

Characteristics of Resilience**DRAFT DEFINITIONS December 2022**

<i>Characteristic of Resilience</i>	<i>Definition</i>
Resilience	Features of the person or setting that predict positive outcomes for all individuals regardless of risk (i.e., assets) or in the face of stressors (i.e., protective factors). These intrapersonal features include characters strengths that foster positive emotions and facilitate relationships as well as skills in forming relationships and regulating negative affect.
Empathy	Strength of humanity that involves social awareness, the ability to take the perspective of others, experience compassion, and show concern for others
Perseverance	Strength of courage that involves being hardworking, task-oriented, and undeterred by obstacles
Grit	Feeling of passion for and persistence toward one's long-term goals involving a sense of purpose and hopeful thinking
Gratitude	Strength of transcendence that involves experiencing feelings of thankfulness, appreciation, and gratefulness in life and expressing those feelings to others
Responsibility	Strength of temperance that involves a sense of caution and exercised restraint to act in ways consistent with one's long-term goals and the expectation of others
Critical Thinking	Strength of wisdom that involves judgment when thinking through and making reasonable choices based on gathering and weighing information from multiple viewpoints
Problem Solving	Skill that maintains positive relationships by effective communication, collaboration, conflict resolution, and seeking help when needed
Responsible Decision Making	Skill that promotes safe and healthy outcomes through making constructive choices daily and navigating problems by identifying and evaluating multiple solutions and their consequences
Self-Awareness	Skill that facilitates regulation of emotions by recognizing one's thoughts, feelings, and values and understanding how they impact one's behavior
Self-Management	Strength of temperance that involves managing one's feelings, thoughts, and actions across environments and stressors, including through use of adaptive coping strategies
Mentorship	Skill that involves offering or seeking social support and guidance to accomplish personal and relational goals
Citizenship	Strength of justice that involves a sense of social responsibility and behavior aimed at benefitting one's community
Honesty	Strength of courage that involves authenticity and truthfulness in words and actions