

BOUNCE BACK™ : 5 PILLARS OF RESILIENCE

promoting health through happiness

Resilience is made up of five pillars: Self-Awareness, Mindfulness, Self-Care, Positive Relationships and Purpose.

By strengthening these pillars we become more resilient. Instead of experiencing an overwhelming downward spiral when we encounter stress in our lives, these five pillars work together to lift us up out of the chaos we are feeling.



SELF-AWARENESS

Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self-Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment.

MINDFULNESS

Mindfulness is a state of active, open attention to the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

SELF-CARE

Self-care is unique for each person and can be understood in many different ways. In its simplest form, the term refers to our ability as human beings to function effectively in the world while meeting the multiple challenges of daily life with a sense of energy, vitality and confidence. Self-care is initiated and maintained by us as individuals — it requires our active engagement.

POSITIVE RELATIONSHIPS

Positive relationships are the people who support and care for us — and we care for them. One of the most profound experiences we can have in our lives is the connection we have with other human beings. By building positive relationships with others, we will be happier and more fulfilled and feel more supported, supportive and connected. Positive and supportive relationships will help us to feel healthier, happier and more satisfied with our lives.

PURPOSE

Purpose is a recognition that we belong to and serve something bigger than ourselves. Our purpose helps to shape the mindset and attitude we have toward others and the events we experience. We can find purpose in our faith, family, a political party, being green or being a part of an organization like the Boy Scouts.