

## A STRENGTH-BASED FRAMEWORK

# The Six Pillars of Resilience

*Resilience is not a single trait — it rests on six interconnected capacities. You do not need to develop them in any order. Even modest growth in one area tends to support the others.*

**How to use this guide:** Read through each pillar and notice which one feels most alive for you right now. That noticing is meaningful information — it often points to where your next growth wants to happen.



01

## Emotional Regulation

*Notice, name, and gently work with what you feel.*

Recognize emotions as information rather than commands. Slow breathing, grounding, and naming feelings calm the body's stress response and create space for thoughtful response.



02

## Cognitive Flexibility

*Hold more than one perspective at a time.*

The meaning we assign to events shapes our experience. A flexible thought — "this is hard, and I am still finding ways to cope" — opens space for movement where rigid thinking deepens distress.



03

## Connection & Belonging

*Relationships are protective, not optional.*

Social support is among the most well-documented protective factors in mental health research. Even one trusted relationship can meaningfully change how a person moves through adversity.



04

## Meaning & Purpose

*A sense of why anchors us when life feels unsteady.*

People with a sense of values or direction navigate adversity more effectively. Meaning supports post-traumatic growth and is enacted through small, consistent choices that honor what matters.



05

## Self-Compassion

*The way you speak to yourself shapes how you heal.*

Treating yourself with the same kindness you would offer a struggling friend is strongly linked to lower anxiety and depression. It is not indulgence — it is the inner safety needed to face difficulty honestly.



06

## Embodied Wellness

*Your brain and body are designed to adapt.*

Through neuroplasticity, neural pathways supporting calm and balance can be strengthened through practice. Small, consistent actions — movement, sleep, mindfulness — gently retrain the nervous system.