

A,B,C'S OF RESILIENCE

A = Anchored yet Adaptable	N = Nurtured and Nourished
B = Body in motion	O = Overcoming Obstacles
C = Creative Expression	P = Play & Playfulness
D = Doing for Others	Q = Questions & Curiosity
E = Efficacy & Control	R = Relationships & Connections
F = Future Goals	S = Self-Care & Stress Management Skills
G = Gratitude	T = Tools for Problem-Solving
H = Hope	U = Unity with Community & Culture
I = Identity, Sense of Self	V = Vision & Purpose
J = Joy	W = Worth & Self-Esteem
K = Knowledge & Competence	X = eXamination & Reflection
L = Listening for Understanding	Y = Yes I can mindset
M – Managing Emotions	Z = Zest for Life