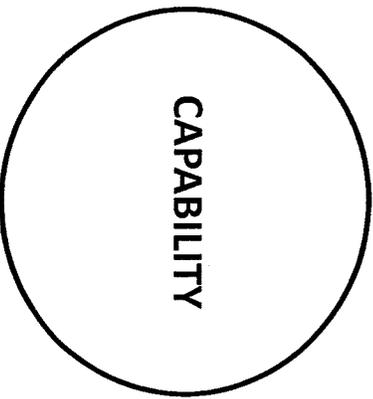


The Three Systems for Promoting Resilience



CAPABILITY

Empowerment

or Yes I can!

- Positive self view
- Efficacy - intellectual & employable skills
- Self regulation /self control - executive function, flexible thinking, control attention, emotion, behavior



ATTACHMENT & BELONGING

Engaged

or Relationships

- Positive relationships, people who encourage and support
- Feeling understood, listened to, that someone cares
- Friends, family or other adults who provide a sense of security & belonging, help with emotion coaching



COMMUNITY, CULTURE, MEANING

Hope

- Sense of meaning, purpose
- Connection with effective organizations – schools, work, pro-social groups
- Network of support, services
- Opportunity to help others
- Cultures that provide positive standards, expectations & relationships

Enduring Effects of Toxic Stress

