

Ten Characteristics of a Resilient Professional

1. Look at the positive side of a situation and during a crisis they are good to have around because of their optimism.
2. Realize the importance of having a strong social support system and surround themselves with supportive people.
3. Have faith in themselves.
4. Are curious about situations and focus on the new possibilities.
5. Are connected to their values and see meaning and purpose in what they do.
6. Focus on the important things; don't fight things they cannot control and save their energy to fight the battles that are necessary — they know what they can control and what is out of their reach.
7. Take responsibility for their physical self-care, which allows them to be physically and emotionally resilient.
8. Seek solutions when a problem arises and can live with uncertainty and ambiguity until they find the solution.
9. Always see something negative as an opportunity; they consider adversity a challenge, not a threat.
10. Have a sense of humor about life's challenges.

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