

Mapping Your Resilience

- ✂ Bottom level: Traits and skills that lay the groundwork for resilience.
- ✂ Next level up: Steps that you took to manage stress and continue to function well during the challenging time.
- ✂ Top two levels: Steps you took to get through the stressful situation. (These steps usually demonstrate an increase in resilience and are built on a strong foundation that already exists.)

Strengthening Families™ Protective Factors Framework: Parental Resilience

 **Bringing the Protective Factors Framework to Life in Your Work – A Resource for Action** 

Copyright © 2012 NATIONAL ALLIANCE of CHILDREN'S TRUST & PREVENTION FUNDS