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| 100 1. Resilience is a <u>team sport</u> and most often <u>re</u> attocal. Facilitative environment (enriched connections) and access. 2. Resilience is the capacity to metabolize stress states while maintaining or returning to a level of positive/optimal performance. 3. Resilience is the ability to use internal and external resources offectively to manage stress and maintain positive performance. 4. Resilience is the system's undividual, group school, program) ability to deal with change and come out at least as strong as it was before i was disturbed (Ann Master, Ph.D.) 5. The ability of a person, family and community to navigate to the resource they need, and negotiate for these resources to be provided in meaningful ways. (Michael Ungar, Ph.D.) | | | | |
| Rest, R | o Stress Sestore, Recharge | Mild/Moderate Stress Optimize, Maximize 50 | Moderate/High Stress Overload, Exhaustion | Relentless/ Immersive Stress |
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