

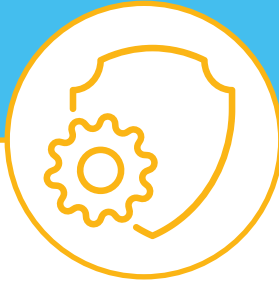
# Resilience Applied Matrix

The elements for a healthy teaching and learning community, helping to overcome learning loss while improving faculty retention.



## Needs

*The nine building blocks for each human being, different from wants as they are required for our psychological growth.*



## Protective Mechanisms

*The intentional and unintentional methods by which we insulate ourselves from real and perceived threats.*



## Support/ Relationships

*The (mainly) human connections we make to help us get our needs met or endure unpleasantness.*



## Adaptability

*Our capacity for distress is the greatest determinant in tolerating unmet needs, or overcoming adversity.*



## Stress

*The level of arousal from internal and external stimuli generating somatic tension and unpleasant thoughts.*



## Wellness

*The tools, skills and strategies we employ to meet our physiological needs (health), improving vitality, preventing injury and promoting immunity.*



## Skills (PSEL)

*The 15 psychosocial emotional tools by which we learn to get our needs met.*



## Climate

*Trust, safety, effort, creativity, fun and other factors influencing and creating milieu.*



## Values

*The principles we hold as important for how we live our lives, influencing how we interact with others.*