



Core Tenets

Attributes needed to grow in each of the four domains to withstand, recover and grow in the face of stressors

- **Purpose** - Pursuing values and principles that give meaning and direction to life
- **Awareness** - Paying attention to what's important
- **Connectedness** - Engaging with others for mutual benefit
- **Adaptability** - Channeling emotions, thoughts, and behaviors to take constructive action

