



Resilience at Work Models



R@W Sustain 7

S1 - Living Authentically

Knowing and holding onto personal values, deploying strengths, and having a good level of emotional awareness and regulation.

S2 - Finding Your Calling

Seeking work that has purpose, gives a sense of belonging, and fits well with one's core values and beliefs.

S3 - Maintaining Perspective

Having the capacity to reframe setbacks, maintain a solution-focus, and manage negativity.

S4 - Mastering Stress

Employing work and life routines that help manage everyday stressors, maintain work-life balance, and ensure time for relaxation.

S5 - Interacting Cooperatively

Seeking feedback, advice and support, and providing support to others.

S6 - Staying Healthy

Maintaining a good level of physical fitness, a healthy diet and adequate sleep.

S7 - Building Networks

Developing and maintaining personal support networks.