Pop-ups from the resiliency assets model:

* **Relationship Assets:** This asset area involves practices that build social networks of support and community. Relationships, social networks and connections with family, friends and colleagues are the most important resiliency assets.
* **Professional Assets:** These asset area involves building problem-solving and reasoning skills; acquiring training specific to our jobs; being supported in making decisions and taking action; knowing when to ask for help and having a love of learning.
* **Attitudinal Assets**: This asset area involves maintaining a positive disposition and sense of optimism, even in the face of difficult or challenging situations. Having a positive disposition involves seeing adversity as temporary and looking at obstacles as opportunities
* **Emotional intelligence Assets:** This asset area involves the ability to understand and manage emotions. Emotional Intelligence skills help us communicate in a positive manner and express feedback in ways that enhance communication and understanding.
* **Adaptation Assets:** This asset area involves practices we use to reduce stress and to work through or adjust to changing circumstances in our home or work contexts. Adaptation strategies include development of targeted coping skills to address areas of stress and proactive strategies for adapting to changes in team relationships or routines.