



## Pillars of Resilience

Resilience is defined as how one “deals effectively with pressure, ambiguous and emerging conditions, and multiple tasks; remains optimistic and persistent, even under adversity or uncertainty. Recovers quickly from setbacks. Anticipates changes and learns from mistakes.” Resilience is the ability to function really well in the face of adversity. The Defense Logistics Agency (DLA) resilience model has four pillars: mental, physical, social, and spiritual. Balancing these four components helps strengthen your life.

### Four Pillars of Resilience

Mental	Physical	Social	Spiritual
<ul style="list-style-type: none"><li>Awareness</li><li>Adaptability</li><li>Decision Making</li><li>Positive Thinking</li></ul>	<ul style="list-style-type: none"><li>Endurance</li><li>Nutrition</li><li>Recovery</li><li>Strength</li></ul>	<ul style="list-style-type: none"><li>Family</li><li>Communications</li><li>Connectedness</li><li>Social Support</li><li>Teamwork</li></ul>	<ul style="list-style-type: none"><li>Core Values</li><li>Perseverance</li><li>Perspective</li><li>Purpose</li></ul>

Resilience provides balance to life.

- Mental**—The ability to effectively cope with mental stressors and challenges. Pay attention to your needs and feelings. Your thoughts control your energy.
- Physical**—The ability to adopt and sustain healthy behaviors. Regularly work out and continually monitor physical stamina. Recognize the connection between mind and body: Strong bodies help build strong minds.
- Social**—The ability to network. Build and value interpersonal relationships and social networks. Social connections with others widen perspectives and grow character.
- Spiritual**—The ability to adhere to beliefs, principles, or values needed to persevere and prevail in accomplishing missions.

### Your Employee Assistance Program

800.413.8008 #2 or 314.729.4600 #2  
mbh-eap.com/members

Sources: U.S. Defense Logistics Agency (DLA). (n.d.). What is resilience? Retrieved July 18, 2019, from <http://www.dla.mil>