RESILIENCE

- Adapts well
- Commonplace
- Involves emotional distress
- Learned
Resilience

Personal

Organization

Practice Environment

Resilience

Moral Dilemmas - Moral Resilience

KEYS TO RESILIENCE

- Make Connections
- View Crises as Surmountable
- Accept Change
- Goal Oriented
- Decisive Action
- Seek Self-discovery
- Nurture Positive Self-image
- Keep Perspective
- Hopeful Outlook
- Self-Care

Sculpting Resilience

Framework for 21st Century School Nursing Practice™
Laurie G. Combe, MN, RN, NCSN
President – National Association of School Nurses
lcombe@nasn.org
@g_combe

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