THE PRINCIPLES OF RESILIENCE
Bending without Breaking

Predicting challenges, maintaining a sense of control, strengthening relationships, fostering trust and finding meaning are critical to building resilience and navigating stress.

**Controllability**
Keep An Even Keel
Controllability is about making choices that help restore a sense of empowerment during adversity – from emotional responses to problem-solving actions.

**Predictability**
Be Ready
Negative outcomes are less likely when we prepare for expected challenges and plan for the unexpected.

**Relationships**
Stay Connected
Loss of important relationships and a sense of belonging can increase stress and lead to cracks in one’s foundation of resilience.

**Trust**
Know Who to Turn To
Presence of trust increases willingness to confide in others, utilize resources and address concerns before stress injuries occur.

**Meaning**
Find Purpose
A sense of purpose promotes healthy stress navigation, thoughtful decision making and better performance.

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