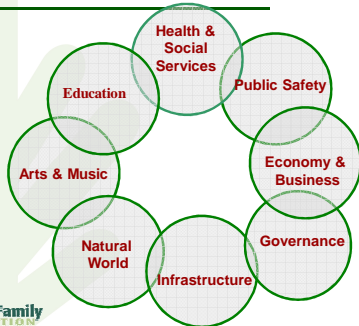


Dimensions of Vitality



What is "resilience"?

Capacity of an individual or a community to cope with stress, overcome adversity or adapt positively to change.

Resilience Concepts

- Sense of purpose
- Early Experiences
- Positive Outlook
- Learning
- Embracing Differences

Resilience Concepts

- Diverse and Innovative Economy
- Environment and Lifestyle
- Infrastructure and Support Services
- Social Networks and Support
- Leadership