**Psychological Factors of Resilience:**

**(Seven psychosocial meta-factors factors summarized from the research)**

*Personal*

**Sense of purpose and meaning**

* Satisfaction with their work
* Commitment, determination, not easily shaken from core beliefs
* Faith: Relationship with God provides a sense of calling and duty
  + Knowing we are part of the big picture of what God is doing

**Sense of collaborative control**

* Sense of efficacy and influence over their circumstances
* Faith: Locus of control is centered in the relationship between the person and God

**Ability to actively cope with stress rather than repress, deny, and attempt to avoid it**

* Emotional health
* Helpful: Positive and active coping styles; stress management skills; relaxation
* Harmful: Affective D/O, previous posttraumatic stress
* Tolerance of distressing affect – not easily discouraged by problems
  + Seeing stress as a challenge or an expected aspect of accomplishment
* Biologically healthy: good sleep, aerobic exercise, sunshine, nutrition
* Faith: Healthy Theology of Suffering

**Flexibility and adaptability**

* Adapts well to new circumstances and stressors
* Faith: openness to God’s work
  + Able to adapt to a new ministry opportunity, if needed

*Interpersonal*

**Interpersonal ability/sociability/social competence**

* Ability to connect, know, and relate well to others
* Warmth, security, closeness, sturdy relationships
* Interpersonal history that bodes well for healthy relationships
  + FOO stability/instability with close family relationships (parents stay together)
  + Ability to handle conflict
  + No childhood abuse
* Faith: Knowing and relating to God well and personally (including Theology of Suffering)

**Social support is in place**

* Marital satisfaction
* A role model they can look up to
* Faith: Community of believers with shared devotion, beliefs, caring for each other

**Culture (organization) that is graceful toward distress**

* Allows room to accept and respond to distress in a visible and social manner
* Organization provides resources and takes initiative to respond to need
* Hearing testimonies from others who have survived trauma
* Faith: Accepts that healthy, faithful, God-loving people can be affected by stress and trauma

Charlie Schaefer, October 2014