

Resiliency Resources: NACCHO- Maricopa County Arizona

Driven Application- AI Resilience app/ PR6 model:

Questions to ask for screening tool:

Vision:

- A. I know my purpose
- B. I prioritize my goals
- C. I set meaningful goals
- D. I understand my needs

Composure:

- A. I can Label my emotions
- B. I know calm breathing
- C. I know reappraisal
- D. I practice mindfulness

Reasoning:

- A. I anticipate challenges
- B. I am resourceful
- C. I challenge my beliefs
- D. I embrace change

Health:

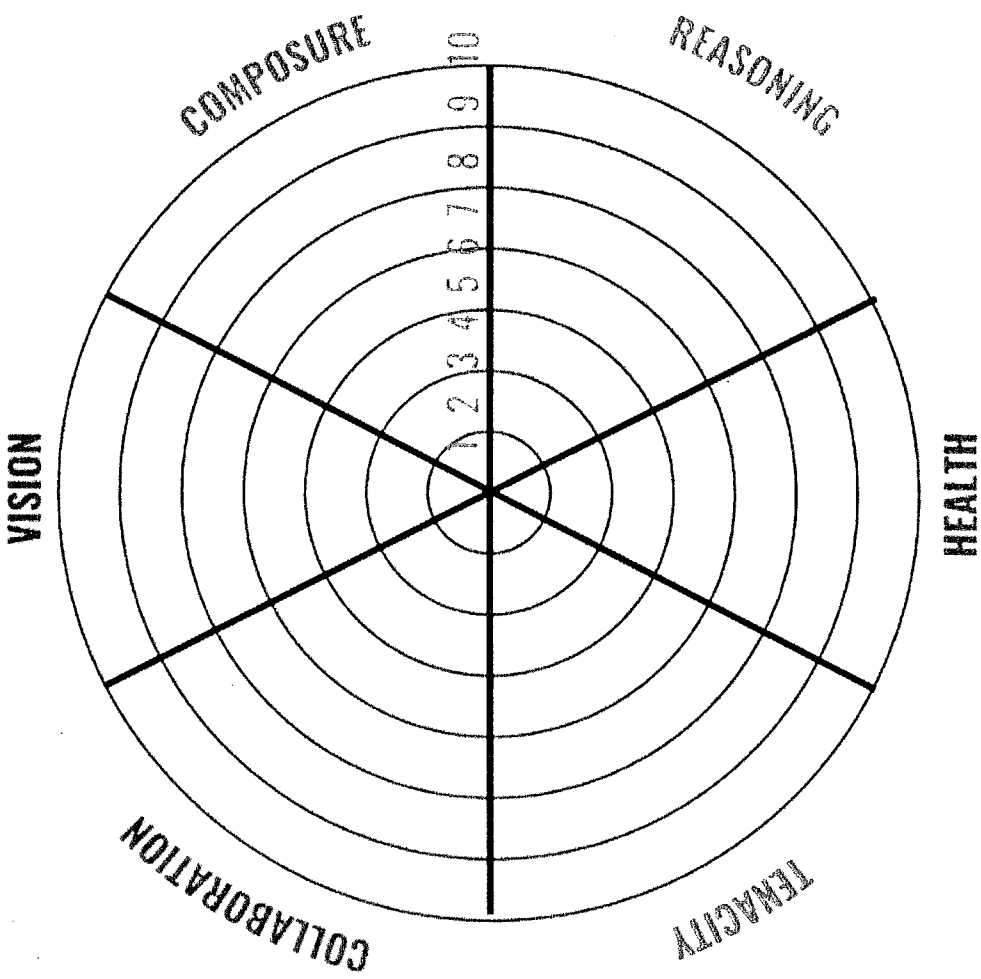
- A. I know my Health Goals
- B. I regularly Eat Healthy Foods
- C. I get quality sleep
- D. I exercise Regularly

Tenacity:

- A. I learn from mistakes
- B. I'm good at time management
- C. I have realistic optimism
- D. I motivate myself

Collaboration:

- A. I invest in relationships
- B. I inspire trust & likeability
- C. I have a mentor to learn from
- D. I'm Good at communication



VISION

- A.
- B.
- C.
- D.

HEALTH

- A.
- B.
- C.
- D.

COMPOSURE

- A.
- B.
- C.
- D.

TENACITY

- A.
- B.
- C.
- D.

REASONING

- A.
- B.
- C.
- D.

COLLABORATION

- A.
- B.
- C.
- D.