



Figure 1. Venn diagram representing the more modifiable (green hues) and less modifiable (red hues) factors that comprise resilience. This figure is based on article by Traub & Boynton-Jarrett (2017).

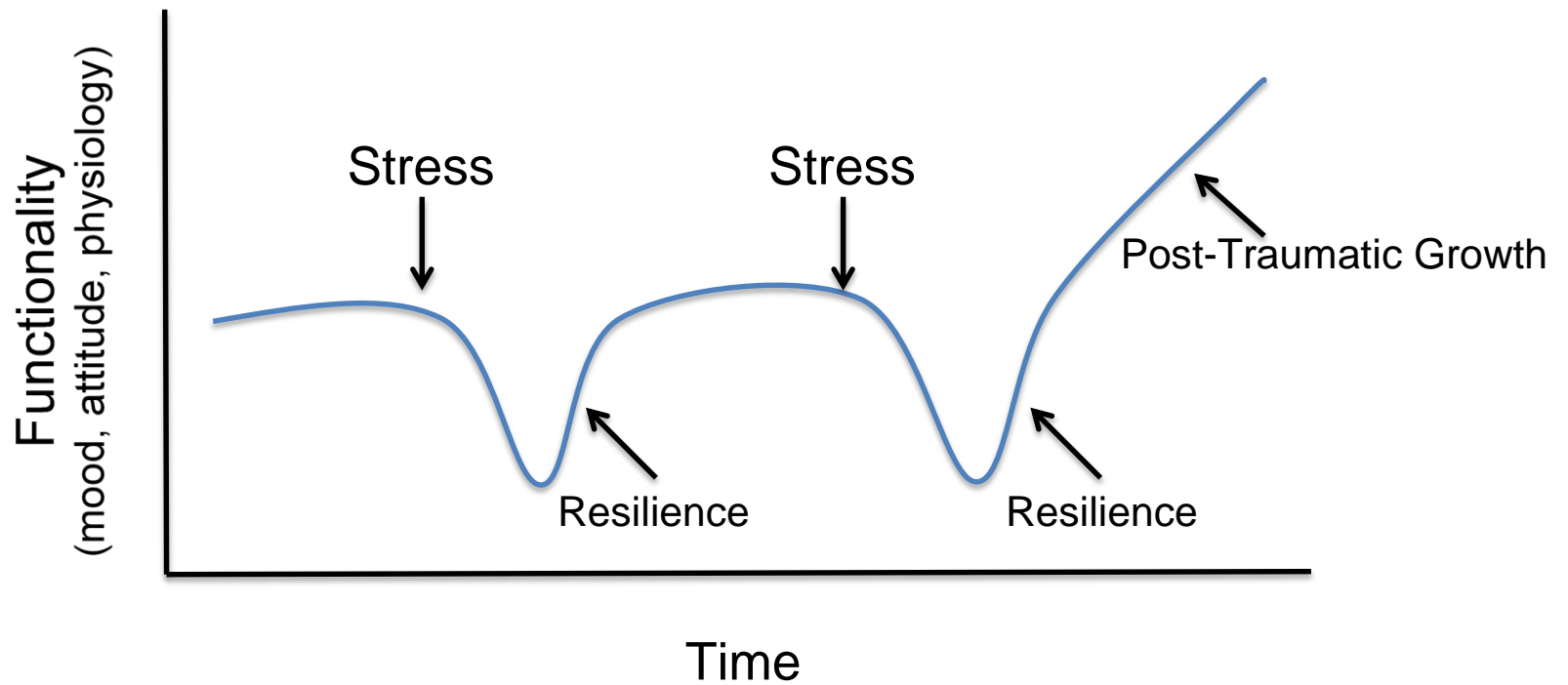


Figure 2. Timeline representing the relationship between stress, resilience, and post-traumatic growth. Baseline levels of functionality (including mood, attitudes, and physiologic factors) can decrease in response to stressors or trauma. An individual's resilience can restore functionality to baseline levels. Additional factors, such as the support of mentors or awe-inspiring, life-affirming events, can cause functionality to improve beyond original baseline levels in a process referred to as post-traumatic growth.