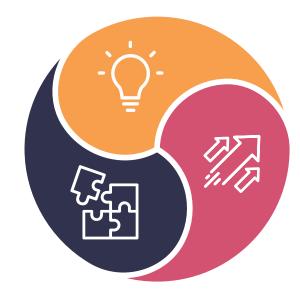
Bounce Forward Development Cycle



Psychological fitness combines mental resilience and emotional wellbeing - key attributes needed for success in the 21st century.



Psychological Skills

Practical, teachable and measurable. Helps us get the best outcomes from everyday situations.

Tools for Living - Competencies Strategies and habits developed from using the skills.

Capacities for Mental Resilience Protective factors, grounded in evidence. Based on meta-analysis, systematic,

comprehensive and as unbiased as possible.

Psychological Skills

Harnessing Emotions

The skill is to understand positive & negative emotions. Techniques to harness helpful and unhelpful emotions.

Noticing Our Thinking

The link between thoughts, feelings and behavior. The lens we view the situation through; pessimism and optimism.

Reframing Habits

Identifying unhelpful habits in our thinking. Questioning the style and creating optimistic and realistic alternatives.

Keeping perspective and managing catastrophic thinking.

Moving on

Avoid our confirmation and negativity bias, create new understandings of old problems, think realistically and flexibly to take control of our outcomes.

Managing the Moment

Manage unhelpful habits of thinking and emotions in the moment. Responding effectively right then and there.

Big Beliefs

Identifying underlying values and assumptions and recognising when and how they influence us.

Playing to Strengths

Identifying strengths in ourselves and others. Making the most of our strengths and recognising how they can help and hinder.

Tools for Living - Competencies



Realistic Thinking

Open and curious to different perspectives, looking for evidence to problem solve effectively, wedded to reality.



Understanding the



Connection

Connected to others. willingness to reach out, have empathy and care for others knowing that will increase personal happiness.



Self Awareness & Compassion

Understanding of self, knowing what is 'normal' or usual for me. Being kind and having compassion for self



Hope & **Optimism**

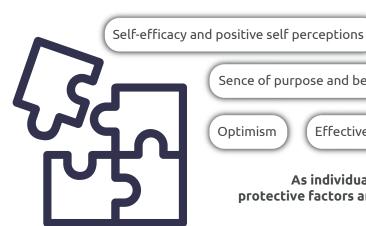
The belief that the realistic goal can be met, thinking optimistically, focused and upbeat.

Regulation

impact and range of emotions we can feel. Impulse control, calm and focused.

and others.

Capacities for Mental Resilience



Sence of purpose and belonging

Strong attentional skills

Valued talents

Good sense of humour

Strong cognitive abilities

Optimism

Effective problem solving

Self-regulation and impulse control

As individuals strengthen their psychological capacities, they create protective factors and lead to effective outcomes, enabling the individual to be the best version of themselves and thrive.



Each element is connected and strengthens the development cycle. The more we use the skills, the more we recognise that we are competent and effective in the face of challenge. This is where the magic ignites, and we make the most of opportunities and be the best version of ourselves.



