

Protective Factors

Protective factors are skills, strengths, behaviors, and resources that help individuals deal more effectively with stressful events, challenging situations, and changing conditions. Protective factors enhance resilience, promote wellness, and facilitate healthy outcomes.

Protective factors can assist you with positive adaptation to a new environment, help you to thrive in the program, and contribute to an overall positive experience.

As a pre-service exercise, you are encouraged to identify your protective factors.

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| <u>Individual attributes, characteristics, beliefs</u> | <u>Self-care and health related behaviors</u> |
| <u>Social support and connectivity</u> | <u>Support services and resources</u> |