



General Social Resilience

- Persist
- Adapt
- Transform
- Regenerate



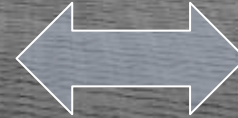


Sense of Coherence

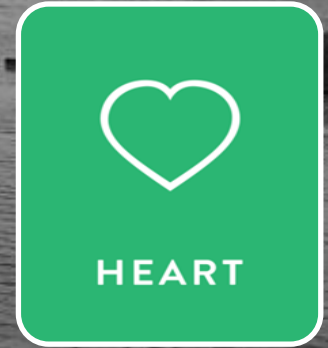
Comprehensible



Manageable



Meaningful



make sense
cognitively
what is going on

make sense
instrumentally
to manage using
personal agency & social
connectedness

make sense
emotionally
that it is meaningful
to engage