

APT Components Definitions

APT Keys:

- Sense of Purpose –
 - A sense of meaning in life that extends beyond momentary pleasures and is informed by one's values and goals.
- Healthy Attachments & Connections –
 - Having healthy connections to friends and loved ones to support mental and emotional health.
- Positive Emotions
 - Having momentary and lasting experiences of positive emotion and being able to hold onto positive emotions.

APT Mechanisms:

- APT Reasoning –
 - Thinking that is optimistic and positive, characterized by active problem-solving, flexibility, and readily adopting a growth mindset during times of stress and under adverse circumstances.
- APT Resources –
 - Internal and external strategies and tools that contribute to resilient functioning.
- APT Routines –
 - Proactive engagement in practices and skills that cultivate APT components—ultimately culminating into habits of resilience.

APT Awareness:

- Self –
 - The ability to notice one's thoughts, feelings, emotions, and behaviors in relation to their social and environmental context.
- Others –
 - The ability to detect the feelings, emotions, and behaviors of others.
- Environment –
 - The ability to consider immediate cues, broader factors, and the conditions of one's environment

