

**RESILIENCE** is a key psychological aspect of sport. The ability to bounce back from a poor performance or a detrimental mistake is crucial to an athlete's success. ... Developing “mental toughness” or resilience will help an athlete perform well in the face of adversity.

### **THE SEVEN TRAITS OF RESILIENCE**

1. SELF AWARENESS
2. REALISTIC
3. KEEPING CALM UNDER STRESS
4. EMPATHY
5. SELF CONTROL
6. MOTIVATED
7. OPTIMISTIC