

7 Skills for a Soft Landing

Supporting the Transition Back to School

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A resilient mindset
is composed of several main features:

- **Feeling in control of one's life**
- **Knowing how to fortify one's "stress hardiness"**
- **Being empathetic**
- **Displaying effective communication and other interpersonal capabilities**
- **Possessing solid problem-solving and decision-making skills**
- **Establishing realistic goals and expectations**
- **Learning from both success and failure**
- **Being a compassionate and contributing member of society**
- **Living a responsible life based on a set of thoughtful values**
- **Feeling special (not self-centered) while helping others to feel the same**

— The Power of Resilience, Dr. Robert Brooks