

What are your PPFs?

Personal protective factors (PPFs) are coping skills that help defend us against the effects of stress. Use this self-assessment to learn what PPFs you may need to strengthen or enhance.

PPF	Description and questions to consider
Competence	The knowledge, skills, and attitudes needed to successfully perform a job or task. <ul style="list-style-type: none">Do you feel you possess knowledge, skills, physical ability, and/or attitudes necessary to achieve your goals?
Faith/spirituality	A belief in God or a higher power that provides comfort, hope, and strength during times of stress or adversity. Faith and spirituality can promote/enhance other PPFs, such as optimism, hope, and effective coping. <ul style="list-style-type: none">Do you believe in God or a higher power who provides comfort or peace during times of trouble?
Flexibility	A willingness to change. <ul style="list-style-type: none">Are you adaptable to change?Are you cooperative, agreeable, and/or tolerant?How do you respond when someone asks you to do something extra or change your plans?Are you able to adapt to changes in your expectations or plans, even when they're important to you?
Hope	Belief that something better is possible. <ul style="list-style-type: none">Do you believe you can attain certain goals?Do you believe things are possible either through your actions or through factors not under your control?
Humor	Prevents us from taking things so seriously, enhances our coping abilities, and reduces the intensity of our emotional reaction to stress. <ul style="list-style-type: none">Are you able to laugh at yourself?
Meaning in life	The ability to recognize a "purpose" or "meaning" in your experiences and the ability to identify your "why." <ul style="list-style-type: none">Do you strive to find meaning in your experiences?Do you feel you have a specific purpose in life?Are your decisions and actions guided by this purpose?Do you recognize that you have a responsibility to share your knowledge and skills with others?Do you seek to help others by sharing what you've learned through life experiences?
Optimism	Positive outlook and/or favorable belief about a future outcome. <ul style="list-style-type: none">Do you try to keep things in perspective to see the best and/or possibilities for improvement in every situation?Do you expect more good things to happen than bad?
Perseverance	Not easily discouraged by failure or barriers to success. You recognize the importance of continuing your efforts, especially if the outcome is related to your priorities or purpose. <ul style="list-style-type: none">Do you feel that you can overcome life's circumstances or barriers and successfully achieve your goals?
Positive emotions	Approachable and supportive of others. <ul style="list-style-type: none">Do you try to see the positive in most situations, even those that are disappointing?Do you avoid gossip and complaining?
Self-awareness	The ability to know yourself, monitor your emotions, and regulate your responses to others and situations. <ul style="list-style-type: none">Are you aware of your own strengths and limitations?Do you carefully consider your responses to stressful situations?Are you open to considering others' views and/or criticisms?Do you seek ways to improve and learn from perceived failures?Are you willing to consider alternative points of view?Do you recognize risky behaviors or those that may negatively affect your health?
Self-efficacy	Confidence in your ability to perform a specific task in a particular situation. <ul style="list-style-type: none">Do you believe you can achieve a desired goal if you "do what it takes"?Do you make the effort to "do what it takes" to achieve your goals?
Self-esteem/confidence	A positive belief in your own self-worth or value. <ul style="list-style-type: none">Do you feel you're a person of worth?Do you recognize your good qualities and your growth in knowledge and skills?Are you able to recognize the areas in your life where you've shown improvement, development, or achievement?
Social support	Family, friends, or others to whom you can turn to in times of need. <ul style="list-style-type: none">Do you feel you can rely on others to provide support for you?Are you close to your family?Do you have a strong and positive social support network beyond your family?Is there at least one caring adult in your life who provides you with the support you need?