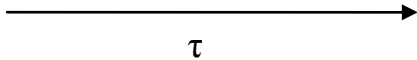
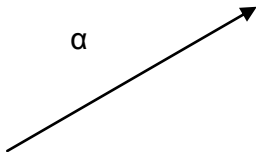


READY psychosocial
resilience program



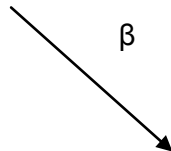
Changes in psychosocial
well-being

α

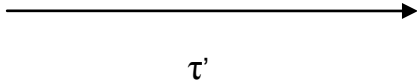


Changes in:
positive emotions
active coping
cognitive flexibility
social support
life meaning

β



READY psychosocial
resilience program



Changes in psychosocial
well-being