Casita Resilience Building  (Vanistendal 2007)

- **Basement Foundation**
  - Basic physical health

- **Ground Floor**
  - Networks of informal relations (Family, friends…)
  - Fundamental acceptance of person (not behaviour)

- **First floor**
  - Self esteem
  - Skills Competencies
  - Constructive Humour

- **Attic**
  - Other experiences to be discovered

- **Capacity to discover sense, meaning and coherence**