

The CSA Measures:

**ORGANIZATIONAL
DOMAIN**

organizational relationship
organizational support
workload

**CULTURAL
DOMAIN**

adaptation
transitions
situational crisis

**RELATIONAL
DOMAIN**

effective relationships
family adjustment
extended family/friends

**RESILIENCE
DOMAIN**

well-being
past stresses
focus

**FOUNDATIONAL
DOMAIN**

spirituality
health
habits

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CernySmith is a research, development, testing and training organization focused on developing materials and services that support people, coaches, and organizations. Our goal is to help people adjust and change during times of transition. **CernySmith.com**