**Supplemental Digital Content**

**Appendix**

**The meQuilibrium Resilience Scale (sample items)**

Problem Solving ( α=0.82)

I look at challenges as a way to learn and improve myself.

If my first solution doesn't work, I am able to go back and continue trying different solutions until I find one that works.

Emotion Control (α=0.86)

I am able to keep my emotions and behavior in check.

I have good control over how I feel and what I do.

Optimism (α=0.88)

I can easily dispel negative thoughts that pop into my mind.

I'm able to keep my good mood as the day progresses.

Self efficacy (α=0.81)

I expect that I will do well on most things.

I can deal with most problems that come my way.