

This past year has been a source of unexpected stress and anxiety for so many.

However RESILIENCE can help us get through and overcome the challenges we've been facing due to the pandemic, as well as other adversities we've experienced in life.

But RESILIENCE is not something we're born with - it's built over time and is unique for each of us - that's why we all respond to stressors differently.

So how best to cope and practice RESILIENCE during these uncertain times? We asked people from around Amador County to share how they've been coping, and we hope these examples and stories of RESILIENCE will inspire you!

What RESILIENCE Looks Like...

At Work & Home

"As a Peer Worker I want to be able to provide support and resources to clients in a Behavioral Health setting, with kindness and understanding. Resilience is the ability to "bounce back" from life's struggles and still be able to give to others. My strategies to "bounce back" include tools I use in my daily life such as: getting good rest, enjoying exercise and healthy eating, taking personal time to read, or pet my cat, or doing other activities like gardening that give me rest and a peaceful atmosphere. These self-care practices support my resilience, so I, in turn can support someone else to develop their own tools for wellbeing, and strengthen their resilience."

RESILIENCE:

the ability to adapt, adjust, and recover after bad things happen



Resilient Amador
Supporting a Trauma-Informed Community

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