

RESILIENCE

Having resilience is important because it gives us strength to overcome life's challenges.

It means we can bounce back with optimism, be flexible about how we see things, & keep going despite obstacles.

Being resilient means being more patient with ourselves, having positive & respectful relationships, and it helps us find a sense of purpose to our lives.

But the most IMPORTANT kind of resilience - one we often forget - is recognizing when to reach out & ask for help.

Remember:
RESILIENCE
is a journey not a destination!

Everyone can become resilient & learn how to weather the storms of life!

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

The Key Ingredients of Resilience:

Even if you don't have some of these, they can be developed!

Individual

- Healthy relationships & personal boundaries
- Acknowledge your strengths & progress
- Being good at something
- Able to solve problems
- Self-expression



Family

- Role models
- Supportive relationships
- Connection with friends and extended family
- Stability
- Health



Community

- Access to services
- A sense of belonging
- Supportive school & work environments
- Mentors
- Safety



8 Ways to Build Resilience

Connect with Others

Spend time with people you like, and who inspire you, text/call, or join a support group

Take a Deep Breath

Full deep breaths help your brain and body process all the overwhelm

Restore Your Body & Brain

Rest, sleep, eat well, get outside, move your body, even just a little, as your schedule allows

Unplug

Put down the phone, turn off the TV, take a walk, help your brain find some quiet time

Compassion and Grace

Be patient with yourself, let go of unrealistic expectations, it's ok to be tired, sad, or scared, say no to more commitments to re-energize yourself

Seek Out Awe

Feeling inspired makes you feel more connected to everything around you



Laughter
They say this is the best medicine, what makes you laugh?

Gratitude

Recognize & appreciate the good things in your life, being thankful benefits your emotional, physical, and mental health

Resources and More Information

Local Hotline Numbers:

24 Hour Crisis Hotline
1-888-310-6555

Peer-Run Warm Line
1-855-845-7415

Parents & Youth Support
1-855-427-2736

Suicide Prevention Lifeline
1-800-273-8255

Local Resources:

Mental Health Services: 209-223-6412

Local Peer Support / NAMI 209-256-1293

Tribal Support: 209-257-6150

Domestic Violence Hotline: 209-223-2600

Nexus Youth & Family Services: 209-257-1980

Amador-Tuolumne Community Action Agency:
209-223-1485

Books:

Childhood Trauma & Resilience

Forkey, Griffin, & Szilagyi

Building Resilience in Children and Teens
Ginsburg

The Resilience Factor
Reivich & Shatte

Video:

Community Resilience Initiative:

<https://www.youtube.com/watch?v=cusbGK8tnO8>

