

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

"Our staff felt that having simple daily self-care activities could really make a difference. It's not about doing all these things, just picking one that you really like, and that can give you a sense of accomplishment. Our ideas included salsa dancing, cooking, riding motorcycles, coloring, quiet time, working out, and mantras to make you feel better."

RESILIENCE:

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



Resilient Amador
Supporting a Trauma-Informed Community

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