

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...

☑ As a Student

"I've been keeping in touch with friends from school. We'll send each other funny pictures or videos to remind each other that we're here. I've tried to not have unrealistic expectations. I have hopes for the future, but not setting strict parameters for what needs to happen 3 weeks or 3 months from now. I make lists and plans - with friends too - of things we'd like to do with this over: girls weekend, places to visit, etc."

RESILIENCE:

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



Resilient Amador
Supporting a Trauma-Informed Community

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