

## Resilience is key to overcoming challenges.

Whether for individuals, families, or entire communities, building resilience can help us adapt to adversity and come out stronger. Here are some important steps you can take to help strengthen resilience in your life and in your community.



### Why Resilience Matters:

Resilience is like a muscle—it grows stronger the more we use it. It can be built at any age and helps us bounce back from life's challenges.



### How to Build Resilience:

Engage in activities like exercise, mindfulness, and setting goals. Surround yourself with positive relationships, and seek supports for mental health such as counseling, peer relationships, and skill-building trainings



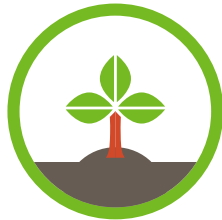
### Fostering Resilience in Children:

A stable, supportive environment is essential for building resilience in kids. Encourage a sense of safety and belonging, talk about feelings with children, and develop safe & nurturing relationships for children within their home and communities.



#### Trauma Aware:

Recognize that trauma exists and can affect people, understanding that it may influence behavior, emotions, and overall well-being.



#### Trauma Sensitive:

Adapt spaces, policies, and communication to be kind, respectful, and aware of those who may have experienced trauma.



#### Trauma Responsive:

Respond to behaviors by considering their connection to past trauma and offering care that supports healing and safety.



#### Trauma Informed:

Use trauma knowledge to guide actions and create safe, trusting spaces where people feel supported and can heal.

**Start today by building connections, focusing on wellness, and finding purpose in your life. The more we all practice resilience, the stronger our community will become.**