

Building Resilience in the Face of Adversity



Skills You Can Start Using Today



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Glad you're here. I'm not a researcher, not a psychologist, not a counselor. What I am is an expert of my own journey. And so are you. No one knows all the nooks and crannies of your life better than you, right?

On the easy days and especially the tough ones, we sometimes need a reminder of foundational things that can help us get it all done.

Community Resilience Model (CRM)

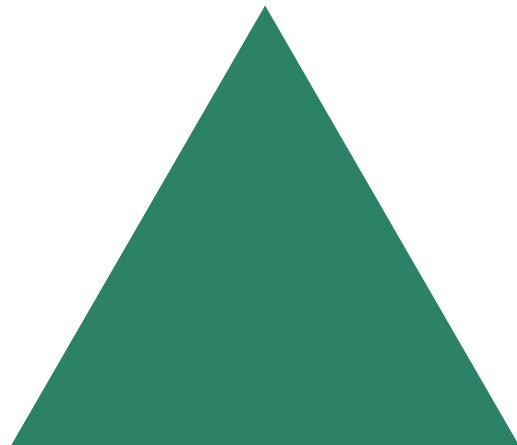
Maintaining a Culture of Resilience

Community - Church, school, non-profits, etc.

Interagency - Organization

Agency - Your department

Individual - You



Community Resilience Model (CRM)

Who's it for

- You don't have to be a professional
- Can be used with a wide range of ages from children to seniors
- Inclusive - accessible to people in all walks of life
- Useful in many contexts - office, home and in the field (remotely)

Why it matters

- Identified best practices to build resiliency for individuals and teams
- Inoculates effects of stress proactively
- Instils shared vocabulary and skills for resiliency
- Improves health of entire systems by promoting restoration & growth

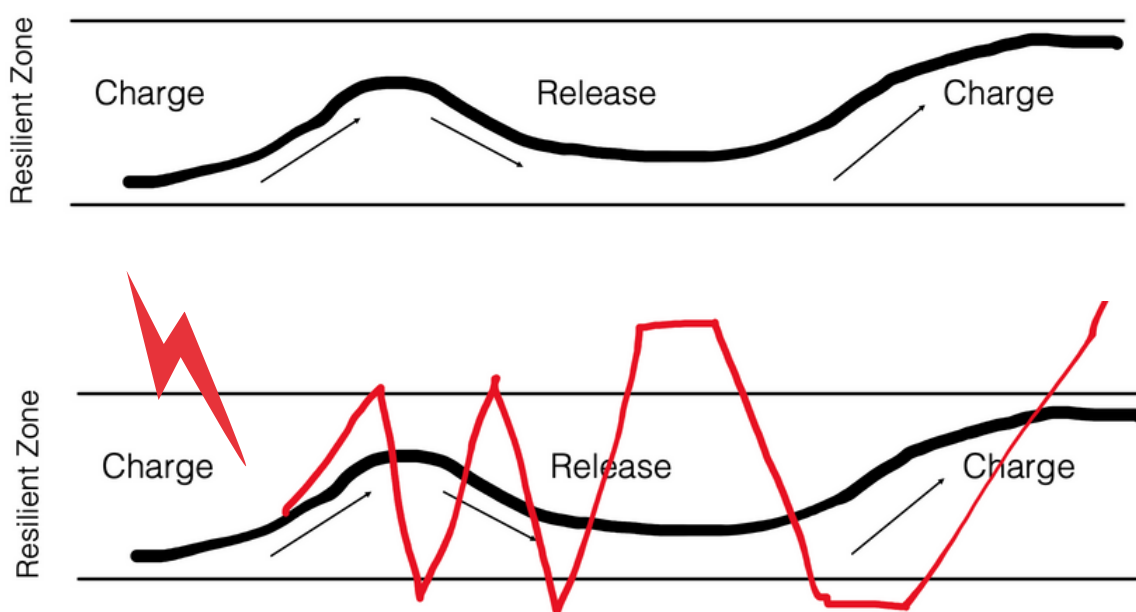
Source: [Trauma Resource Institute](#)

Community Resilience Model (CRM)

Maintaining a Culture of Resilience

When in the Resilient Zone, we have the best capacity for flexibility and adaptability in mind, body and spirit.

Goal: Widen Our Resilient Zone



Developing Resources

What or who uplifts you?

What or who gives your courage or strength?

What or who helps you get through hard times?

Write down 3 resources you identified to answer the questions above:

- 1.
- 2.
- 3.

Circle one resource.



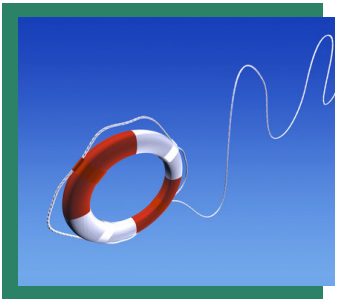
Skill #1: Be Brave

Yes, it can be hard. We often tell our kids and friends to face tough stuff with courage until it becomes second nature. Now, it's your turn. Dig deep and see yourself larger than life and ready to take on the challenge.



Skill #2: One Step at a Time

For impatient people like me, this can be really difficult. When there's a monumental task ahead, break it down. Divide it into smaller chunks. As the saying goes, "You can't eat an elephant in one bite."



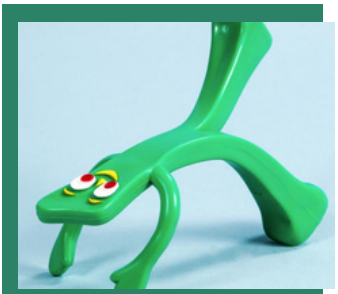
Skill #3: Accept Help

For many people, it seems like we're allergic to accepting help from others. It's not a sign of weakness to allow others to give you a hand. I remind myself of this often and you should, too.



Skill #4: Take Risks

Taking risks comes more naturally for some people than it does others. Often times, it may depend on the situation. I know, for me, taking risks has paid off in my professional and personal life numerous times. And there are situations when taking a risk was the wrong move. But it didn't crush me. In fact, it made me smarter and stronger for having tried that risky option.



Skill #5: Be Flexible

The Type A orchestrator in me battles this skill on a daily basis. However, to be a team player who can compromise is a necessity in my book. That means loosening up on my rigid tendencies. What does it mean for you?



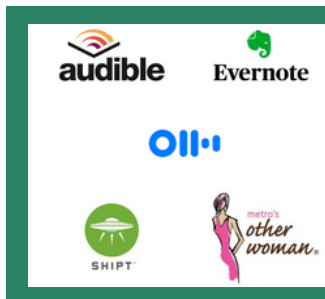
Skill # 6: Look for the Good

On those dark days when everything appears bleak, seek out the good. Make it a practice to list the things you're grateful for to remind you that this moment of despair will pass.



Skill #7: Learn to Say NO

Not only learn to say no, but mean it. How many times have you promised yourself that you're not going to over-commit yourself? Before you know it, you've volunteered for that one extra thing, taken that meeting, did it yourself instead of delegating. Let it go, at least some of it if it doesn't serve you.



Skill #8: Make Life a Bit Easier

My FAVORITE apps to make life easier:

Audible - app that allows you to listen to books

Evernote - my brain - because who can remember anything anymore

Otter - app that uses artificial intelligence to transcribe audio

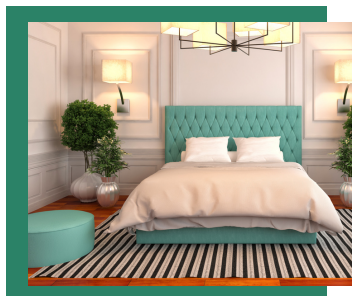
Shipt - app to order groceries that are delivered to your door

Metro's Other Woman - a concierge service, my "laundry fairy"



Skill #9: Make Time for Friends

I don't think we realize just how much we need our friends until we spend some quality time together and realize how fulfilling and necessary they are. Schedule that lunch, happy hour or girls' weekend now. You'll be so glad you did and you'll wonder why you didn't make it happen sooner.



Skill #10: Sleep

Are you yawning just thinking about getting more sleep? This really is a skill, a discipline and commitment. Our health depends on getting proper sleep. Your mind, body and soul will thank you when you're rested. If you're having trouble with this, get help from a professional.