

# Resilience and Self-Care

## What is resilience?

Resilience is the ability to bounce back and recover from life's challenges. It includes being self-aware and having the ability to work through emotions and distressing situations rather than avoid them. It also includes the ability to create feelings of calm, strength, and meaning in your everyday life. Resilience is taught through learning about the "10 facets of highly resilient people," an evidence-based protocol which discusses the role and teaches skills associated with

- the ability to self-calm
- self-care
- self-replenishment
- emotional expressiveness
- non-judgemental and self-supporting
- hope
- optimism
- hardiness
- sense of coherence
- social support.

## Who is resilience/self-care training for?



Every one of us has different resilience skills that we use day to day. It is important to acknowledge how much resilience you already have. You would not be here today if you were not already resilient!

Resilience training helps us practice our skills that we already use regularly while also learning skills that can help make you even more resilient.

## Recruitment audience:

teachers, counselors, care givers, school personnel, other adult community members

## Why choose Resilience and Self-Care?

Now is the perfect time to practice and learn about resilience skills. Currently we are facing additional stressors in both our professional and personal lives due to the COVID-19 pandemic which may make us feel more distressed across multiple life domains.