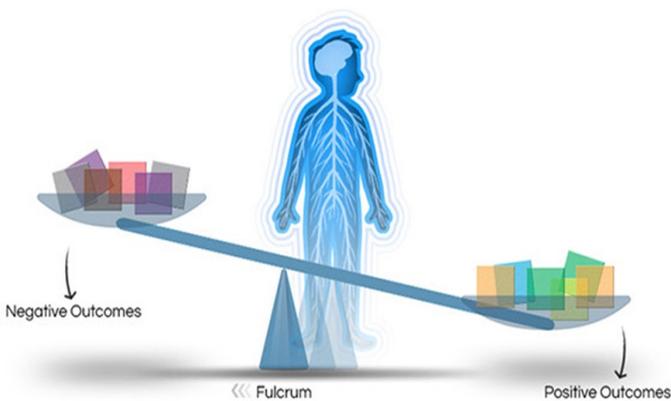


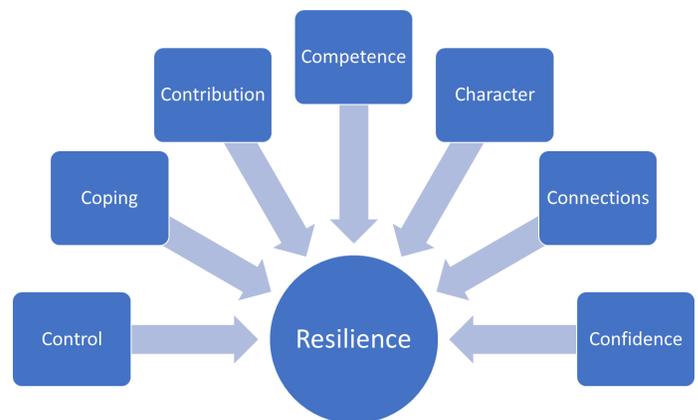
RESILIENCE MATTERS

Resilience is the process of adapting and overcoming in the face of adversity, trauma, tragedy, threats or significant sources of stress. Resilience is evident when healthy development tips toward positive outcomes, even when negative factors are present.



Source: Center for Developing Child Harvard University

Dr. Kenneth Ginsburg The 7 C's of Resilience



Resilience is the ability to regain functioning after being stressed by negative circumstances. Everyone is born with a measure of resilience and it can be further shaped by our lived experiences. Even when a person is facing negative effects of life events, there can still be positive outcomes!

RESILIENCE SKILLS

- ◇ Awareness of your emotions
- ◇ “Meaning-making” of events or circumstances
- ◇ Coping styles that promote growth and healing
- ◇ Positive self-esteem
- ◇ Empathy and caring about others’ well-being
- ◇ Problem-solving and solution-focused behavior
- ◇ Decision making ability (within your control)
- ◇ Motivation to grow, heal and achieve

Ways to Build Resilience

- ◇ Identify strengths and build them
- ◇ Practice gratitude
- ◇ Use spiritual and cultural practices
- ◇ Develop relationships & networks
- ◇ Engage in hobbies or activities that bring joy
- ◇ Practice self care
- ◇ Establish healthy boundaries
- ◇ Enjoy rest

**Relationships are
Key to Building
Resilience**



**Resilience skills can be
strengthened at any age. It’s
never too late to build resilience!**

For more information contact DCF.OfficeofResilience@dcf.nj.gov or
visit DCF | Office of Resilience at <https://www.nj.gov/dcf/resilience.html>



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