

10 WAYS TO BUILD

RESILIENCE

After Adverse Childhood Experiences

1 Restore Through Relationships

Nurturing and supportive relationships remind us that we matter.^{1,2,3,4,5,6}



2 Connect With Community

Engaging in group activities builds our sense of connection and belonging.^{1,2,5,6}



3 Scale Down Stress

Asking for help with challenges helps us manage stress.³

4 Maximize Movement

Moving our bodies releases trauma stored in our cells and boosts our energy.^{1,3}

5 Nourish Yourself in Nature

Being in, or even looking at pictures of nature, can heal and restore.^{1,2,3}

Resilience is our ability to adapt and be well despite difficult circumstances.⁴



6 Make Time for Mental Health

Prioritizing our emotional health positively impacts our overall well-being.^{1,2,3}

7 Eat Well, Sleep Well

Eating nutritious foods and practicing good sleep habits counteract the impacts of adversity on our bodies.^{1,2}

8 Pursue Play

Having fun releases stress and helps us thrive.^{2,6}

9 Strengthen Skills

Embracing opportunities to problem-solve, plan, and get along with others strengthens our coping skills.^{3,6}

Remember, it takes time and repetition to heal and grow new pathways in the brain.⁵

10 Strive for Stability

Establishing predictable routines and safe environments builds our sense of security.^{2,6}



References

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4. National Scientific Council on the Developing Child. (2015). *Supportive relationships and active skill-building strengthen the foundations of resilience: Working paper 13*. Center on the Developing Child at Harvard University. <https://harvardcenter.wpenGINEpowered.com/wp-content/uploads/2015/05/The-Science-of-Resilience2.pdf>
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6. Tufts HOPE. (2022, November 3). *The four building blocks of HOPE*. HOPE® Healthy Outcomes From Positive Experiences. <https://positiveexperience.org/resource/the-four-building-block-of-hope/>