Question One:
How Do We Build Resilient Communities?

- OIL SPILL: Hundreds of Gulf communities
- FLOODS: Red River Valley; Langley, Ark.
- STORMS: New Orleans, Parkersburg, IA
- EARTHQUAKES: Santiago, Chile

Question Two:
How Do We Stay Resilient In Our Personal Lives?

- Loss of job
- Loss of health
- Loss of finances
- Loss of people we love

Resilience:
“The ability to ‘bounce-back’ from hardship.”

“I only need enough courage to get through one day.”

To be resilient -

FOCUS ON WHAT IS IMPORTANT!

Stop the busyness; Remember the past

To be resilient -

“...appropriate speed to threatening events.”

...”
To be resilient -

**ASK FOR HELP**

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How do I know when to ask for help?

- Irritable – short tempered
- Feelings of isolation
- “I have no options…”

and….

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“Why am I surrounded by idiots????!”

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To Be Resilient

**SEND SOME GOOD NEWS!**

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To Be Resilient

**BE AN ORDINARY HERO!**

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How is resilience nurtured?

- Focus on what is important
- Ask for help
- Find courage for ONE day
- Send some good news
- Be an ordinary hero