

ALTERNATIVES Conference
BUILDING HEALING COMMUNITIES TOGETHER 2017

August 19, 2017

Resiliency: Coming Through a Storm
The Before, During and After

Worksheet Activity

This lecture Resiliency Coming through a Storm focuses on the definition of Resiliency and what it means to be resilient when dealing with day to day obstacles and destructive emotions that crush the pathway to wellness.

List some steps you have taken to promote resiliency for your well-being ?

Identify some “speak your truth” communication strategies:

When dealing with an emotional crisis, what positive strategies will you use?

