

This past year has been a source of unexpected stress and anxiety for so many.

However RESILIENCE can help us get through and overcome the challenges we've been facing due to the pandemic, as well as other adversities we've experienced in life.

But RESILIENCE is not something we're born with - it's built over time and is unique for each of us - that's why we all respond to stressors differently.

So how best to cope and practice RESILIENCE during these uncertain times? We asked people from around Amador County to share how they've been coping, and we hope these examples and stories of RESILIENCE will inspire you!

What RESILIENCE Looks Like...

☑ At Home

"When COVID first started and the gyms were closing, I had to find some other way to move, so I started walking 20 minutes a day. It didn't feel like exercise, but it at least it was something. And when things started opening up again, I realized I still really needed that walking time. It was time to myself, time to clear my brain. The trick will be to keep doing something that's so good for me when things open all the way up again."

RESILIENCE:

the ability to adapt, adjust, and recover after bad things happen



Resilient Amador
Supporting a Trauma-Informed Community

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