

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

"I saw the idea on Pinterest of all places, to write down 3 things that I accomplished each day. Even if getting out of bed was one of those things. Little by little, I think the routine has actually been the best thing, it's helped me to start focusing on my strengths. And helps me remember I'm doing the best I can, every day."

### RESILIENCE:

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



**Resilient Amador**  
Supporting a Trauma-Informed Community

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