

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...

## Helping Others

"My RESILIENCE is being a lighthouse for those consumed in darkness. So I'd definitely like to address Post Traumatic Growth as resilience. It's about becoming more than our circumstances, not only healing and moving past what's happened to us, but thriving and giving that back to others. Empowering others, changing the narrative on how we see our pain and suffering. Every time I've been knocked down I rise up stronger and more capable than before. No one can take my determination, my drive and surely no one can take my empathy and compassion for others."

### RESILIENCE:

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



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

[amadorcapc.org/resilient-amador](http://amadorcapc.org/resilient-amador)