

Resilience:

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

Resilience is important because it gives us the strength to overcome life's challenges. And this past year has certainly been filled with those. Without resilience we can get easily overwhelmed, and to cope, make unhealthy decisions. Resilience helps us to tap into our strengths to overcome the challenges we face.

The Benefits of Coloring ~ for children AND adults!

- Stress and anxiety levels can be lowered
- Negative thoughts are replaced with positive ones
- Focusing on the present helps you become mindful
- Unplugging from technology is good for you
- Your brain feels relief and enters a meditative state
- Coloring can be done by anyone, not just artists or creative types
- It's a hobby that can be taken with you wherever you go



APRIL is
CHILD ABUSE
PREVENTION
MONTH

I am Resilient because:



Resilient Amador
Supporting a Trauma-Informed Community

To learn more,
visit
[amadorcapc.org/
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