

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

"Being 84 and a people person during COVID, my resilience was definitely put to task. I've been speaking with my family and friends by phone and via skype with my great grandchildren - especially during the holidays. The holidays were hard. I made simple blankets for my great-grandchildren for Christmas. My family zoomed me in during and the opening of gifts.

When it first started I went through all of my closets and drawers which took me down memory lane. It made me think of things and people I hadn't thought about in years. I made a list of those people and tried to touch bases over the last year.

I spent time reading and probably engaged in more retail therapy on my computer than I should have. I did dust once in a while when the thought came to mind, which evidently, now that I'm looking around, wasn't often enough.

I found myself talking out loud since no one was around and I was able to get some of my worry and frustrations off my chest.

Most importantly (for me) I worked hard on maintaining my sense of humor! When all else fails, try to keep your sense of humor."

## RESILIENCE:

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



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

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