

Resilience & Healing

What is (and isn't) resilience?

Resilience requires adapting to the adversity and set-backs of life. People often think that being resilient means not going through a difficult time, or not being affected by life circumstances. But, being resilient is getting up again despite challenges. These challenges may include exposure to trauma, social inequities including racism and living in under-resourced communities, and lack of access to basic needs like health services, food, and housing.

It's the journey between "I can't get through this" and "this is hard, but I know I will overcome."

SELF-AWARENESS

It's important to acknowledge and accept our emotions during difficult times. When we identify our emotions, we can take proactive steps to manage them.

EMPATHY

The key is ensuring that you listen to and validate what you are feeling.

It is also important to use empathy when establishing and building strong and positive relationships with others.

This will help you feel safe.

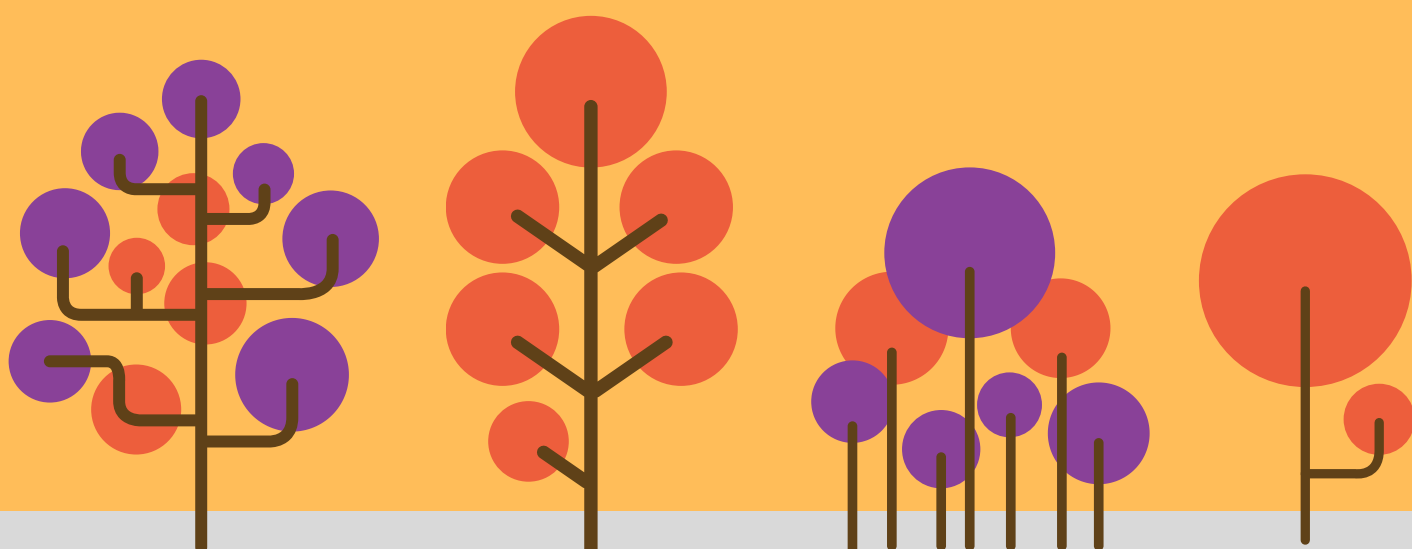
SELF-CARE

Having a healthy and caring relationship with yourself is important. Practicing self-care allows you to prioritize your emotional health. It will allow you to be more present, resilient and impactful.

HEALING

When you focus on healing, it can help you reflect on your resilience and why it was needed in the first place. **Healing is a process**, and requires more than just one person. A group of people, or collective, can use their strengths and voice to both understand and push to change the root problems that cause trauma.

Ginwright, S. (2015). Hope and healing in urban education: How urban activists and teachers are reclaiming matters of the heart. Routledge.



For more information visit
www.healthyandreadytolearn.org

healthy
AND READY TO
learn

 Children's
Health Fund
healthyandreadytolearn.org