



**Centra Wellness**  
NETWORK

Centra Wellness Network  
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## Developing Resiliency

Having resiliency is essentially having the ability to become strong, healthy, or successful again after a negative experience. Being able to adapt well in times of trauma, tragedy, or other stressors will ultimately help you overcome the stress easier. This is a trait that not everyone is equipped with and is usually affected by things like social support, genetics, life experiences, adversity, personality, and positive adaptation. Fortunately, it CAN be learned, but developing your own resiliency plan is a personal process and can take time to find what works best for you.

### Possible Signs of Low Resilience:

- Depressed
- Victimized
- Demoralized
- Hopelessness
- Disconnected
- Tired or fatigued
- Stressed out
- Find it difficult to continue.

### Reminders:

If you missed the first volumes you can find it on the Centra Wellness Network website under "news" then "articles and information". You can always reach out to me directly and I will happily provide you with a pdf.

As always, if you have any questions or would like more information on anything covered, please feel free to reach out!

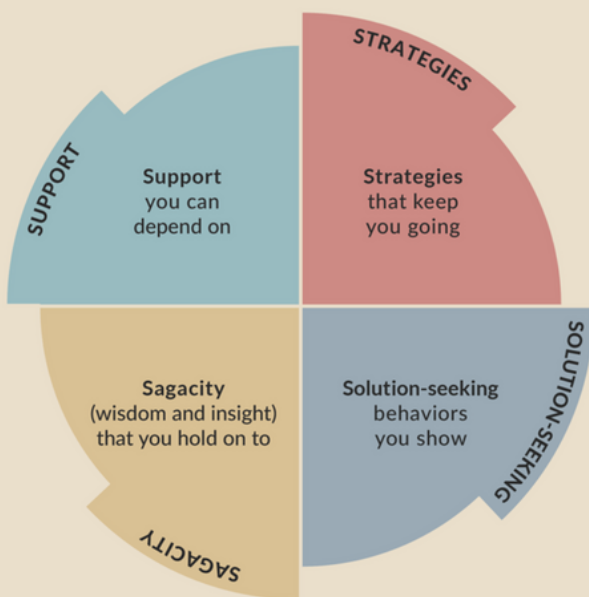
My hopes and dreams are that we can work together to create a healthier community, recognizing and addressing the needs within the community and the reasons why those needs exist.

Thanks for reading,

*Sarah Madsen*

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### THE RESILIENCE PLAN: THE FOUR S'




### Examples of Resilient Behavior:


- Maintain positive relationships
- Having a good self-image
- Viewing setbacks as impermanent
- Reframing setbacks as opportunities for growth
- Recognizing cognitive distortions as false beliefs
- Managing strong emotions and impulses
- Focusing on what you can control
- Not seeing yourself as a victim
- Committing to all aspects of your life
- Having a positive outlook on the future and developing a growth mindset.


## Looking ahead:


Next months volume of the trauma newsletter will focus on trauma and mental health. I will also cover another guiding principle of being trauma informed.


## Guiding Principles:


**Safety**  
  
Ensuring physical and emotional safety.

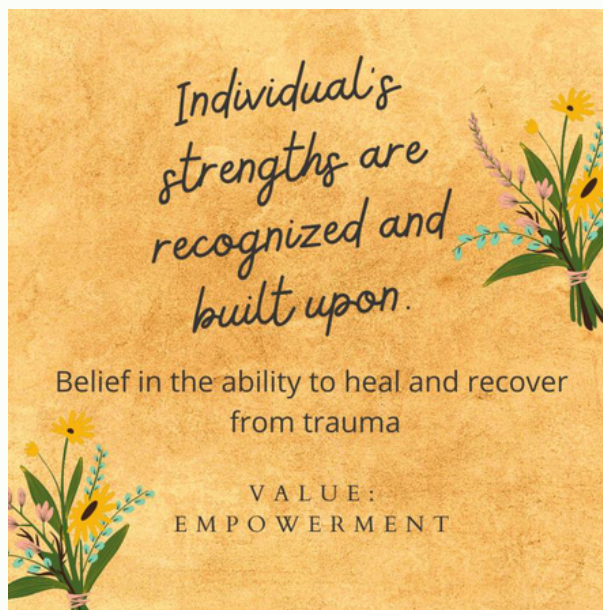
**Trustworthiness/  
Transparency**  
  
Decisions are made with transparency, with a goal of building and maintaining trust for all.

**Peer Support**  
  
Utilizing their stories and lived experience to promote healing.

**Collaboration  
/ Mutuality**  
  
Everyone has a role to play in the healing

**Empowerment,  
Voice & Choice**  
  
Individuals' strengths are recognized, built on, and validated.

**Cultural, Historical,  
and Gender Issues**  
  
Actively moving past stereotypes and biases, offering inclusive services.



The focus this month will be on the trauma informed care principle of **empowerment, voice, and choice**. With this principle an individual's strengths and experiences are recognized and built upon; the experience of having a voice and choice is validated and new skills are developed. This process can foster a belief in resiliency and allows clients to feel supported while also developing self-advocacy skills and creating self-empowerment.

## How could this look within an organization?

### For Clients:

- Programs, locations, and clinicians are reviewed prior to service planning
- Client goals are given greatest weight.
- Contact and preferences are reviewed regularly.

### For Staff:

- Staff are provided options as possible in their daily work, décor, and trainings.
- Balance of autonomy and guidelines for responsibilities, alert for ways to maximize staff choice.

Reference: Substance Abuse and Mental Health Services Administration & Psychology Today