

Rebuilding Resiliency

PRESENTED BY



Cultivating
Human
Resiliency



Resiliencyonline.com

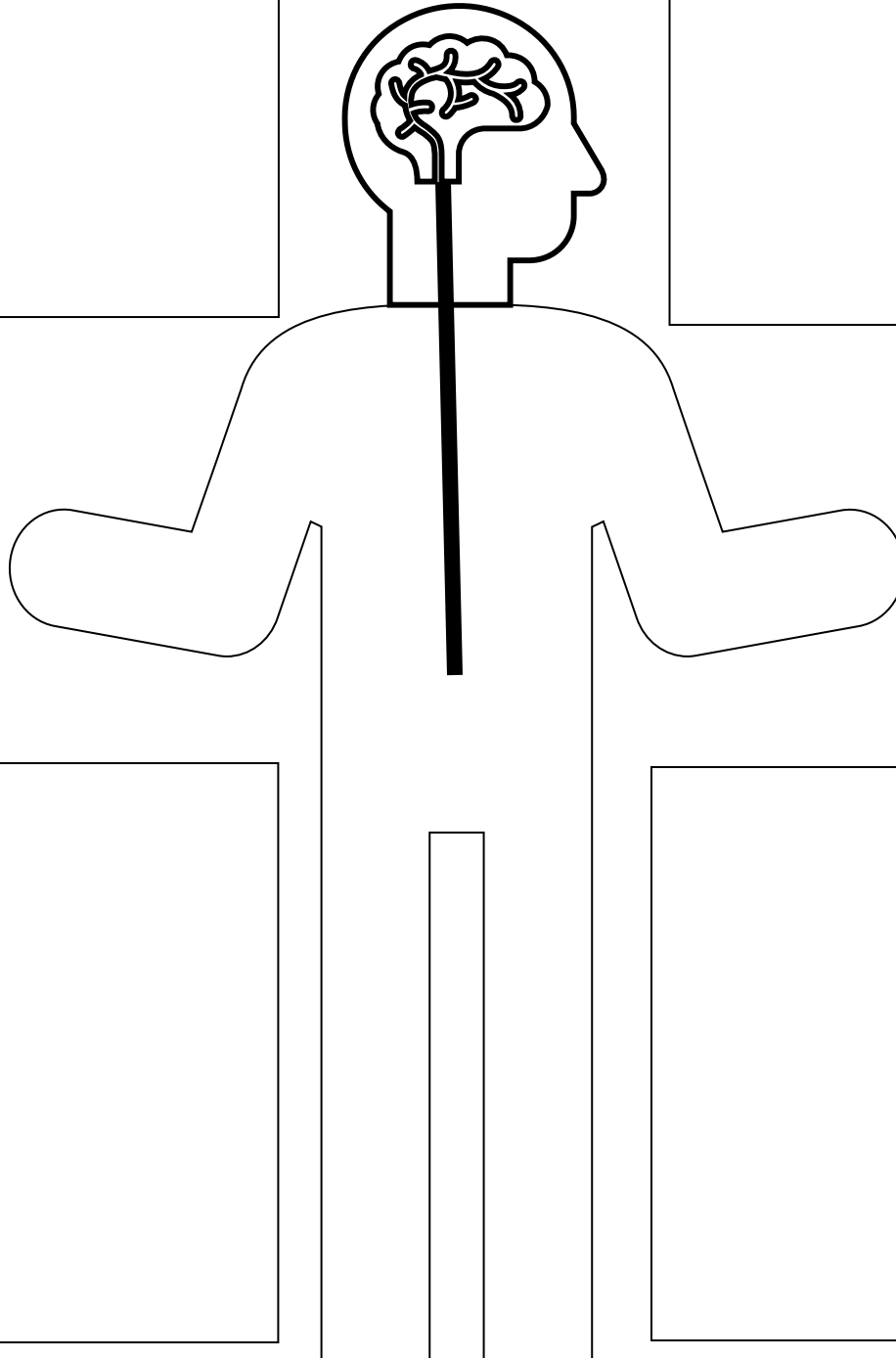
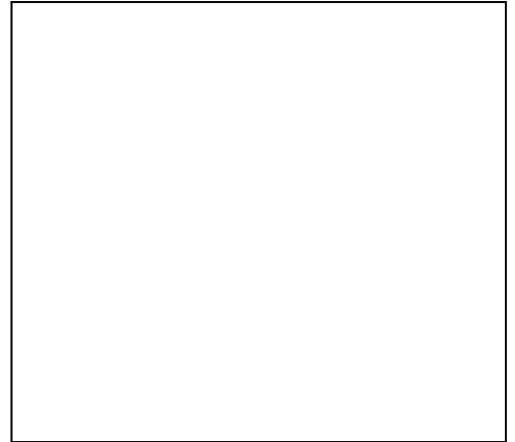
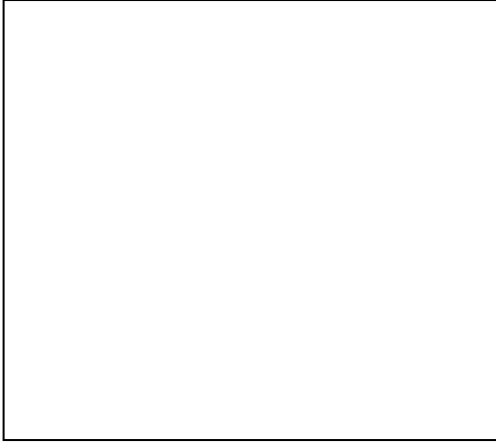
Fight /Flight		Freeze
	Thoughts	
	Emotions	
	Body Sensations	
	Behavioral response	

Regulation Resources

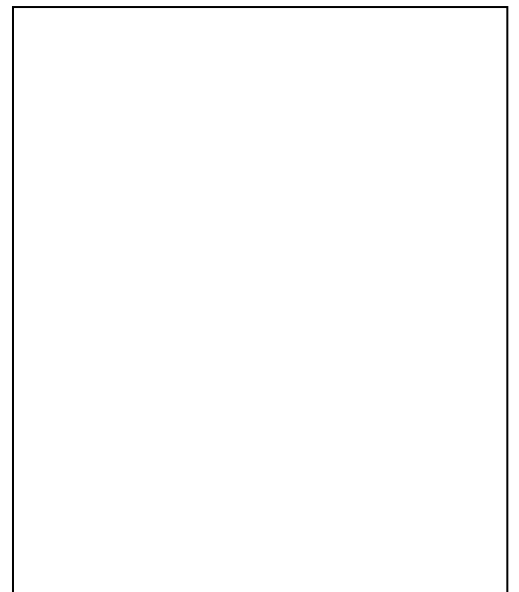
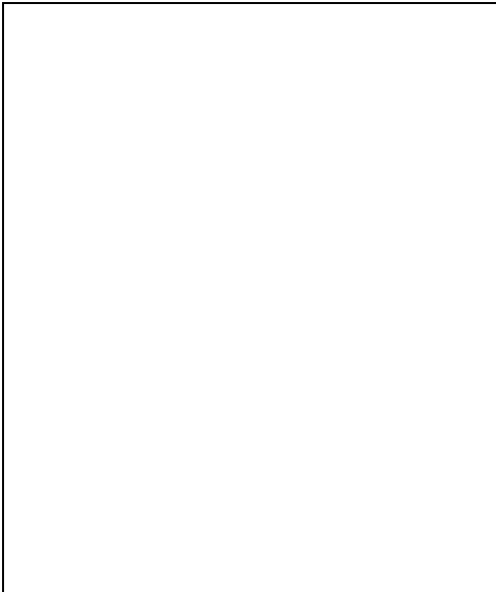
Calming

Connective

Top down



Bottom up



Building Emotional Resilience

Emotion

(drained)

(on edge)

(ready to explode)

(calm or safe)

(connected)

Why I am grateful
for this emotion

Building Cognitive Resilience

