

Strategies for Personal and Community Resilience

The events of summer 2017 in Charlottesville affected us all. For many, the events and the ongoing news cycle around them are part of a longer history of community trauma. As we mark the one year anniversary and beyond, let's keep these tips in mind for caring for ourselves and our community.

SEEK EMOTIONAL SAFETY

- Notice what things cause you to feel stress and anxiety
- Reduce media exposure
- Do things to help cope with stress, such as exercise, journaling, meditation, or prayer

STAY CONNECTED

- Keep routines with family and friends
- Stay involved in activities & groups that make you feel good
- For mental health resources, call 434-227-0641 or see helphappenshere.org/Resilience

FOSTER HOPE & WORK FOR CHANGE

- Notice negative thoughts and reflect on personal and community progress
- Participate in activities that promote equity and safety for all
- Do something to help others

SUPPORT CHILDREN

- Limit media exposure
- Support children to make a positive difference in their community
- Answer kids' questions honestly
- Discuss concerns with teachers/professionals

For summer updates see Charlottesville.org/ResilientCville

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