



### ***What is Resilience?***

Life is hard. Adversity impacts us all, whether through trauma, tragedy, threats or significant stress. Resilience is the ability to overcome this adversity. To be resilient is to view the world in such a way that you believe that you can handle anything.

Stress and trauma have been proven to have a physical impact on the body. The good news is that the impact is not permanent. Science shows that connection with one another, compassion and unconditional love can reverse the impact of trauma and create the resilience needed to face life's challenges.

Come see how science and spirit intersect in a powerful message of hope and healing in the documentary:

***Resilience: The Biology of Stress and the Science of Hope.***

**September 22 @5-7pm - Wood Fellowship Hall; Light dinner provided; free of charge**

The movie is suitable for middle school through adult, and an Elementary Program, Identifying Emotions, will be offered concurrently. Preschool care will be provided by reservation. (See link below)

### **Evening Schedule**

5-6:20 - Dinner and *Resilience* movie

6:20-7:00 - Exploratory Sessions with an expert

- Outreach and Advocacy - Counselor Justin Perry will explain how a trauma-informed approach impacts our work as we serve our neighbors.
- Understanding Stress - Parish Nurse Sherry Olson with guide discussion on Identifying stressors and developing healthy responses.
- Mindfulness and Meditation - Lindsey Bridges MD and Certified Mindfulness-Based Stress Reduction Teacher will introduce and lead a short meditation practice to illustrate the link between healthy stress management and physical well-being.

- Movement as a Stress Buster - Grace Millsap, yoga instructor, Ayurveda Health Coach, and neuroscience geek will lead a lively movement class as a way to offset stress and anxiety.

Please make reservations: <http://bit.ly/FPCResilience>