Resiliency Building needs to be happening in all arenas of life, home, school, faith communities, businesses, community and government.

Most Importantly:

- keep a resilient attitude
- focus on strengths
- support individuals
- never give up!

LCAD provides training for greater Lincoln/Lancaster County. If you are interesed in a presentation for your school, business, faith community or other community organization, please contact LCAD at 475-2694.

Additional Resources:

"Resiliency in Action--Practical Ideas for Youth, Families and Communities." Nan Henderson, Bonnie Benard, Nancy Sharp-Light

"Four Steps to Resiliency" by Ward Hendersen, M.S.W.

Resiliency in Action, Inc., P.O. Box 90319, San Diego, CA. 1-858-488-5034 or www.resiliency.com

"Resiliency in Schools: Making It Happen for Students and Educators" by Nan Henderson and Mile Milstein

"The Resilient Self" Steve and Sybil Wolin

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Lincoln Council on Alcoholism and Drugs, inc.

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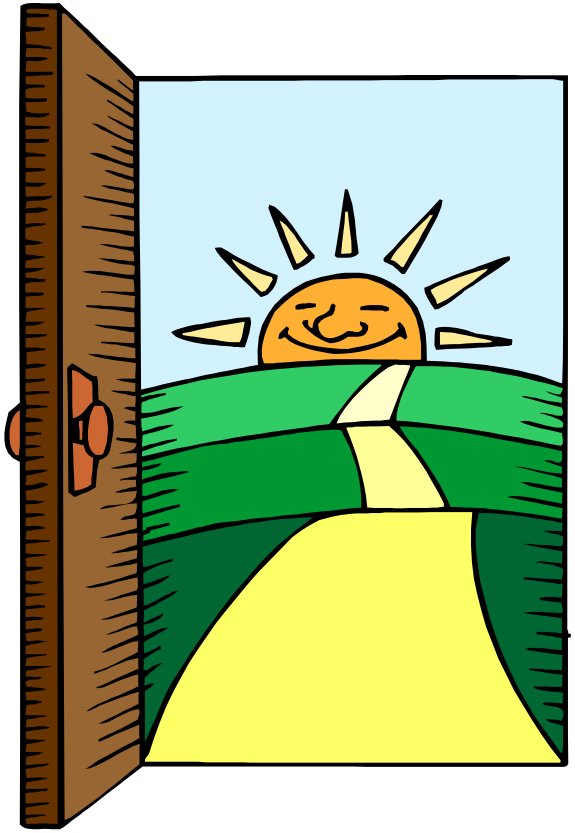
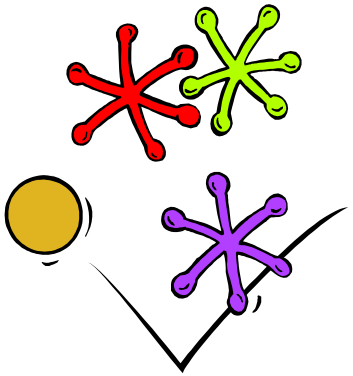


All Kids and Adults are Resilient



"As humans we are all born resilient, meaning we have the capability to 'bounce back,' and/or successfully adapt in the face of adversity. "

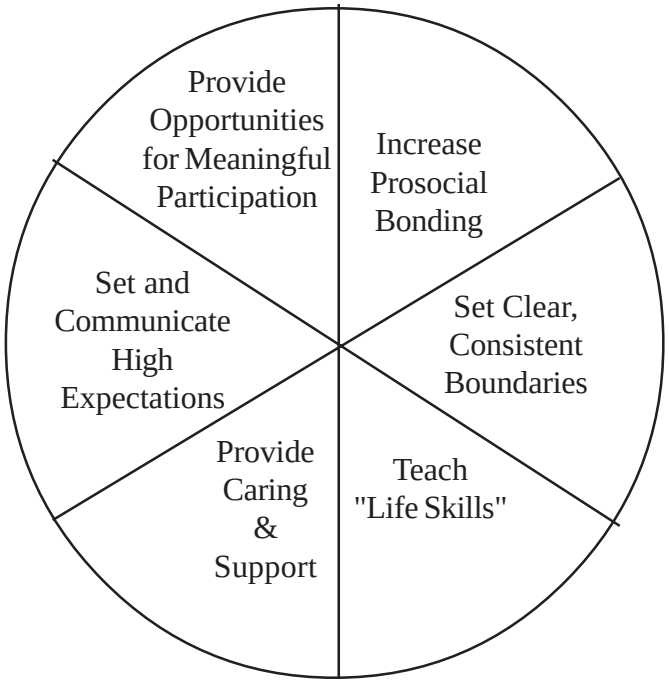
--Nan Henderson, M.S.W.

Everyone is challenged emotionally, physically or mentally at some time during life. Some people experience greater adversity than others and that can often mean it is more difficult for them to bounce back than it is for those individuals who may have life a little “easier.” Some researchers and theorists believe the process of successfully meeting challenges, and becoming wiser and stronger during the process is the purpose of life for everyone.

Numerous studies show that over the span of our lifetime (infancy to adult-hood) people need to be surrounded with six elements of *protection* which researcher Nan Henderson has turned into a Resiliency Wheel.

The Resiliency Wheel

Environmental Resiliency Builders



The wheel actually diagrams basic human needs. If people don't get their needs met in a positive way (such as a caring extended family, a caring school classroom or a suppotive strength building business) people will meet their needs in a negative way.

The goal of the wheel is to increase:

- Positive connections to people, activities, hobbies and groups.
- Clear and consistent boundaries, family rules, school policies, employer regulations, community laws and norms, and an internal set of values that guide personal behavior.
- Life skills development, including postive modeling, setting and achieving goals, and conflict resolution.
- Caring and support--unconditional love, non-judgemental, active listening and actions that communicate "I am here for you."
- High-expectations for success--communication of the belief that another can and will succeed in reaching their goals.
- Opportunities for meaningful contributions and participation
- Genuine, "real world" ways for individuals to share their gifts and service with the world around them.