RESILIENCE

The capacity to be with uncertainty, complexity, scarcity, and the difficult and unknown. Resilience can be grown.

It's an Inside Job and a Collective Reality
Internal & Community Resilience

COMMUNITY RESILIENCE
- clean water
- local economy

INTERNAL RESILIENCE
- GROUNDED: stay in your body
- Gritty: stick with it
- GROWING: participate, don't perform
- food sovereignty

Resilience... hardy in the face of adversity. Becoming more, not less under duress. Maintaining core integrity while adapting to environmental realities.
3 Practices to grow resilience:

1. Cultivate a felt sense of hardiness
   Recall a difficult moment that you overcame. Remember the feeling in your body. Sustain for 2 minutes. Repeat often.

2. Befriend uncertainty
   Sit for 5 minutes with something unresolved without trying to escape, fix, or make a decision.

3. Start a resilience circle*

*Want a hack? Come to ours. Steal it and make it your own.

Resources

- Shakti Resilience Circles
- Rick Hanson's Resilient
- Angela Duckworth's Grit
- Holistic COVID-19 resources

Grow resilient women.
Give to Shakti today.

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