

# Resilience Blanket Project

## What is Resilience?

Resilience is the ability to recover from difficult life experiences or challenges. It includes navigating resources that sustain our well-being in culturally meaningful ways.



### There are four core components of resilience:

Connection to land & to others, wellness, healthy thinking, and meaning. Focusing on these four core components can empower us to withstand and learn from difficult and traumatic experiences.



#### Connection to land & to others:

In Indigenous cultures, the land is a living being that provides for the people, just like a mother would to their children. A connection to the land, whether you are new to the community or were born here, allows an understanding of how the land nurtures your physical, emotional, and spiritual needs. Connection to others prioritizes healthy relationships with empathetic and understanding people so that you are reminded you are not alone amid difficulties. Having trustworthy and compassionate individuals who validate your feelings will support the skill of resilience. Be willing to ask & accept support from those who care about you.



**Wellness:** Take care of your body by practicing self-care, including proper nutrition, exercise, sleep, hydration, mindfulness, etc. This could also mean reclaiming cultural practices, ancestral languages and cultural food to nourish you.



**Healthy thinking:** Maintain healthy thought patterns by keeping things in perspective, accept that change is inevitable, and strive to maintain a positive attitude.



**Meaning:** Find your purpose; set and work towards realistic goals to identify tangible signs of growth. Self-discovery also means embracing new ways of being and learning more about what you value and your needs.



**Building resilience** is not a one-time event, but an ongoing process where we use strategies that can help us cope and adapt as best as we can to difficult situations.

**Reflection & Dialogue Questions:** Building resilience requires reflection and connection. Reflection enables you to think about your own strengths, motivations, and dreams. Connection enables you to share different perspectives and goals to create a supportive and thriving community.

- 1. Building connection with others is an important component of resilience. Think about the people that you connect with. What qualities or attributes do they have that makes you feel connected with them?**
  - What qualities do they have that makes you trust them?
  - What attributes do they have that encourage you to share challenges with them?
  - The next time you connect with them, would you feel comfortable sharing the qualities and attributes that you value about them?

2. **How do you feel about asking for help from others?**

- Are there situations where asking for help comes more naturally to you?
- Are there other situations where it is more challenging to ask for help?

3. **What does the term “self-care” mean to you?**

**What emotions come up when self-care is mentioned?**

- Are there feelings of guilt that come up when you take time out of your day for yourself? Why do you think that is?
- How are the people around you impacted when you take some time for yourself?
- How are they impacted when you do not take some time for yourself?
- What are some ways that you could incorporate self-care in your day?

4. **“Mistakes are proof that you are trying.”**

**What does this quote mean to you?**

- Think of a time when you’ve made a mistake. How did you react when you made a mistake? What made you keep trying?
- Those with a **growth mindset** believe that skills, intellect, and talents can be developed. What are your thoughts on this?

5. **How we talk to ourselves is important in building resilience.**

**Have you ever wanted to give up when faced with challenges?**

- What did you say to yourself to change your perspective?
- When we catch ourselves thinking “I can’t do this!,” what are some phrases that you can say to yourself to move the thinking to more positive self-talk?

6. **Think of all the things you care about.**

**Reflect on what matters most to you.**

**Now think about your own strengths and talents.**

- What goals have you set for yourself and for your family?
- What actions can you start that will help you achieve your goals?

7. **What are some ways the community can help you to build resilience?**

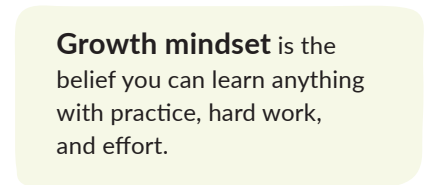
The core components of resilience include:

**Connection to land & to others, wellness, healthy thinking, and meaning.**

- How can the community (programs, services, other individuals) support you in building resilience?
- Are there specific support / programs / resources that you would like to see in the community?

8. **Think of a community program that has helped you in achieving your goals.**

- How did the program help you? What made it meaningful to you?



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