

# Red River Resilience

Learn the **F.A.C.T.S.**



- ✓ Foster Hope
- ✓ Act with Purpose
- ✓ Connect with Others
- ✓ Take Care of Yourself
- ✓ Search for Meaning



# What is Resilience?

**Resilience** is the ability to *bounce back* from a natural disaster or any other adversity and adapt well to changes in your life. You can become resilient by developing ways to think and behave that help you cope and adapt to challenging situations successfully.



# Foster Hope



- ✓ *Focus on the Positive*
- ✓ *Have Confidence in Yourself*
- ✓ *Put Things in Perspective*



# Foster Hope

## ✓ *Focus on the Positive*

A positive and optimistic outlook gives you the needed energy to face difficult situations directly.

Visualize a future in which things are going well.



# Foster Hope

## ✓ *Have Confidence in Yourself*

Realize that you have the ability to learn and use *resilience skills* to deal more effectively with stressful circumstances.



# Foster Hope

## ✓ *Put things in Perspective*

Put your current problems into context and maintain a long-term perspective.

Notice small improvements in yourself and in the situation.



# Act with Purpose



- ✓ *Make a Plan*
- ✓ *Move toward Goals*
- ✓ *Engage in Active Coping*



# Act with Purpose

## ✓ *Make a Plan*

Begin by clearly identifying the problem and brainstorming solutions.

Realize that changing circumstances may require you to abandon old goals and adopt new ones, or use different strategies to reach your goals.





# Act with Purpose

## ✓ *Move toward Goals*

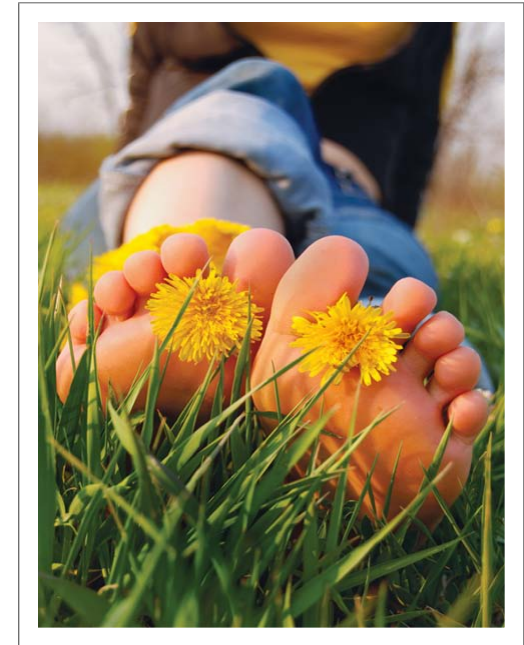
Take decisive steps to solve the problem and reach your goals. Avoid focusing on tasks that seem unachievable.



# Act with Purpose

## ✓ *Engage in Active Coping*

A crisis will bring out strong emotions. You can cope with this in many ways, such as talking to someone you trust or writing your thoughts and feelings in a journal.



# Connect with Others



- ✓ *Maintain Relationships*
- ✓ *Give and Receive Help*
- ✓ *Spend Time with Others*



# Connect with Others

## ✓ *Maintain Relationships*

Close, positive relationships with family or friends are a buffer against stress. Draw comfort and strength from the support of others who care about you.



# Connect with Others

## ✓ *Give and Receive Help*

People come together in time of crisis. Accept the help that is offered to you. Do what you can to help others & the community.



# Connect with Others

## ✓ *Spend time with Others*

Take time for social activities with friends and family. Being active in civic groups, faith-based organizations, or local groups can provide social support and help with reclaiming hope.



# Take Care of Yourself



- ✓ *Take Care of Your Body*
- ✓ *Take Time to Relax*
- ✓ *Nurture your Spirituality*

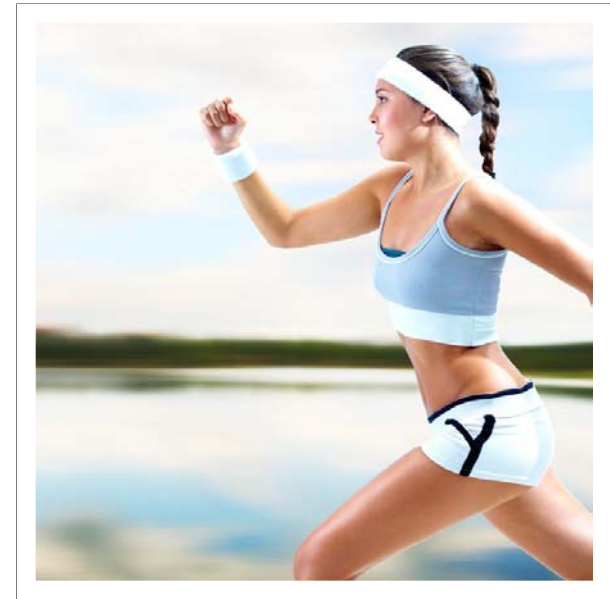


# Take Care of Yourself

## ✓ *Take Care of your Body*

When your body is working right, the rest of you feels well and you are better able to face challenges.

Healthy habits and good hygiene will help you from a variety of illnesses.





# Take Care of Yourself

## ✓ *Take Time to Relax*

Relaxing activities not only provide a restful break, but also help you enjoy life.



# Take Care of Yourself

## ✓ *Nurture your Spirituality*

What is important to you? How can you make a difference in the world?

Find activities that bring clarity of purpose and a sense of connection such as meditation, religious practices, or spending time in nature.



# Search for Meaning

- ✓ *Find positive Meaning*
- ✓ *Learn about Yourself*
- ✓ *Look for Personal Growth*



# Search for Meaning

## ✓ *Find positive Meaning*

We want a meaningful life which can bring us inner peace during difficult and stressful times.

Search for positive meaning in a crisis or challenging situations.



# Search for Meaning

## ✓ *Learn about Yourself*

Think about a stressful experience.  
What did you do to deal with it?

What have you learned about  
coping and about yourself? What  
would you like to improve?



# Search for Meaning

## ✓ *Look for Personal Growth*

Our struggles with problems and adversity often give us positive growth.

Look for changes such as renewed appreciation for life, closer relationships, deeper spirituality and a greater perception of inner strength.



# Resilience

*is a Personal  
Journey*



# Partners

American Red Cross, Minn-Kota Chapter

Catholic Charities of North Dakota

FirstLink

Lakeland Mental Health Center, Moorhead

Mental Health America of North Dakota

New American Services Program,

Lutheran Social Services of

North Dakota

North Dakota Psychological Association,

Disaster Response Network

North Dakota State University

Extension Services

Resource Agency Flood Team (RAFT)

Southeast Human Services Center

United Way of Cass-Clay

# Resources

*for Additional Information*

[apa.org/helpcenter](http://apa.org/helpcenter)

[liveyourlifewell.org](http://liveyourlifewell.org)

[redriverresilience.com](http://redriverresilience.com)

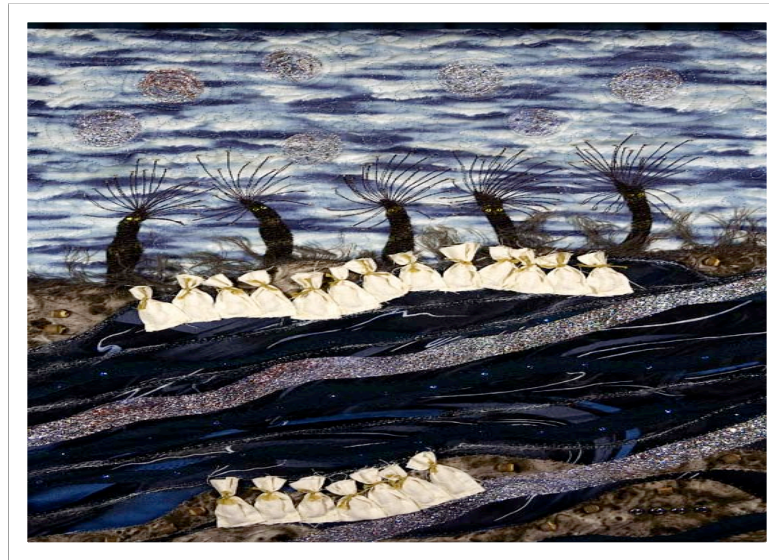




# Art Quilt

*Commemorating*

The **Red River** Valley Flood



2009

