

# USING THE 7 C's OF RESILIENCE TO COPE WITH STRESS AND TRAUMA

Your mind and body want to heal and they can!

Practicing these 7 steps can help you heal:



## Competence

Name 2 things you're good at, like being a good listener to a friend or being kind to animals. That's what competence means. Try to think of some more. Good at drawing? Gaming? Writing? These make you special.



## Confidence

Name 2 things you like about yourself, like you're funny and you're caring. Try to think of some more. Strong? Smart? Loyal? Believe in these things - this is confidence. No matter how much stress you have, no one can take these from you.



## Character

Name 2 ways you share your goodness with others. Do you help out at home? Help earn money? Help your siblings or friends? These things make you stronger and help people around you get stronger. They spread joy instead of pain. This is character.



## Contribution

When you're stressed or traumatized, the last thing you might want to do is give to someone else, but amazingly, it helps you feel better! When you work, volunteer or even hold a door for someone, you are contributing. They will smile and so will you and you will be helping make the world a happier place.



## Connection

Think of 1 or 2 people you have a strong connection with. Can you tell them your problems? Listen to theirs? Ask advice? Laugh? Feel safe with them? This is connection and it is a powerful healer of stress and trauma. Try talking a little more with a family member, teacher, doctor, co-worker, therapist or pastor. You'll feel stronger!



## Control

Think of something you want for your future. It could be anything - getting really good at basketball, making a new friend or going to college. Often we need to ask others for help reaching our goals, like family, teachers, doctors, coaches or therapists. Asking for help is a good thing! Set a goal for yourself and ask for help - that way you are taking control over your future!



## Coping

Coping means handling stress in the healthiest way. Everyone finds the ways that are best for them. All the stars above will help you cope, plus some more, including: expressing yourself creatively by writing, drawing, playing music; exercise like walking, running, playing basketball, dancing, doing yoga; meditation and guided relaxation; remembering something you're grateful for; spirituality or religion; sleeping 8 hours; eating healthy foods; avoiding alcohol drugs.