

Introduction to Practicing Resilience

Minnesota Communities Caring for Children invites you to join us in a short daily family-friendly practice of resilience (12:30 p.m., M-F).

We are living in a particularly stressful moment in global history, and research shows us that there are simple daily practices that can help us self-regulate and support each other – even in stressful and uncertain times like these. Each day we will practice some tool for calming our nervous system and integrating all the parts of our brain so we can be at our best in the challenges that we face. We will gather in community, share strengths from many cultures, and practice relationship building.

There's been a lot of talk about "social distancing". We'd like to think about "physical distancing" instead and hope this will be an opportunity to come together for social connection. Together we can practice strengthening our Core Protective Systems that promote resilience -- our individual skills and capabilities, Nurturing and Attachment, and Community, Culture and Spirituality.

Our brain likes consistency and can experience uncertainty as a threat. We will practice in a regular format at a regular time to offer predictability. Even in this time of great uncertainty and change we can create pockets of routine. Knowing that things may happen to change this, our goal is to practice together on zoom daily M-F at 12:30 p.m. Join us whenever you can! Recordings of some of these sessions will also be available on our website for you to access if you are not able to join at the regular time.

For the past decade we at Minnesota Communities Caring for Children have been working in partnership with many of you and communities across Minnesota to share understanding of NEAR Science and engage the wisdom and creativity of communities to innovate compassionate responses and build self-healing communities. This daily practice is a natural extension of our work. If you are new to MCCC and our work, please feel free to contact us or see resources available on our website, www.pcamn.org.

As we face COVID-19 together, we have an opportunity to practice what we have learned in ways that help us deal with the current situation. These practices also build habits that will help us continue to heal from previous traumas and thrive together into the future.

So, once again, we invite you to join us in practicing resilience skills while connecting with one another in relationship and community. Join us M-F at 12:30 on Zoom. A link to connect by computer and a number to connect by phone are on our website, www.pcamn.org.

Pause for a moment & **take a deep breath**. We are all connected, and we will get through this **together**.