



## *Practical Skills for Lifelong Wellness*

We Are Resilient™ gives educators, pediatric providers, employees, and families the skills of

## **Centering, Connecting, and Collaborating**

### **CENTERING MYSELF**

- Calms using mindful breathing
- Grounds our sense of wellbeing
- Restores inner balance
- Relieves stress and anxiety
- Reduces negative thoughts
- Focuses on the present
- Helps us achieve personal goals

### **CONNECTING WITH OTHERS**

- Creates safety, trust, and belonging
- Builds empathy and understanding
- Opens our heart to kindness
- Reduces blame, judgment, and bias
- Encourages equity
- Helps us feel seen, heard, and valued

### **COLLABORATING TOGETHER**

- Fosters leadership
- Helps align to shared purpose and common goals
- Encourages healthy boundaries
- Honors the contributions of all
- Supports accountability
- Promotes integrity

## **We Are Resilient™**

Strengthens skills in three dimensions of resilience:

1. **Centering:** our capacity for self-awareness, self-regulation, self-empathy and self-trust.
2. **Connecting:** the ability to strengthen healthy relationships.
3. **Collaborating:** the power of a group to work effectively on solving problems that matter.



Provides research-based skills and practices that **improve the lives for people** of any age.

Helps to **heal trauma** and other adverse childhood experiences (ACEs).

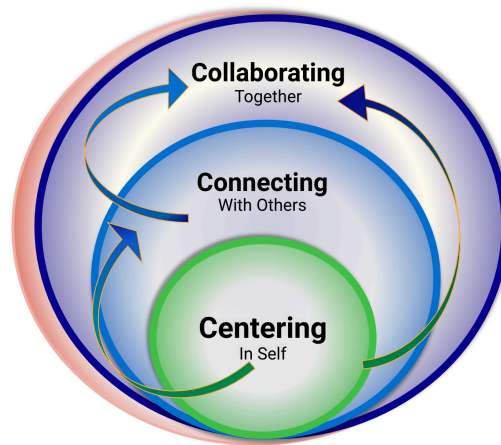
Improves **community wellness** through a shared common language among educators, healthcare professionals, and families.



# Creating a world of kind, connected human beings

**Human beings are amazing and dynamic.** Even though we don't have control over many aspects of our lives (our environment, upbringing, and the hard knocks of life) we have the power to choose our attitude and behavior. While forces outside our control (toxic stress, trauma, racism, discrimination, or poverty) can harm us, we have the power to strengthen our wellbeing using the skills of resilience. Learning to thrive is a lifelong practice of building the power of resilience.

**Discover → Learn → Choose → Practice → Strengthen**



## Centering Skills

for Personal Balance

- Noticing Myself
- Breathing Mindfully
- Letting Go
- Finding Gratitude
- Nurturing Myself
- Positive Reframing

## Connecting Skills

for Strengthening Relationships

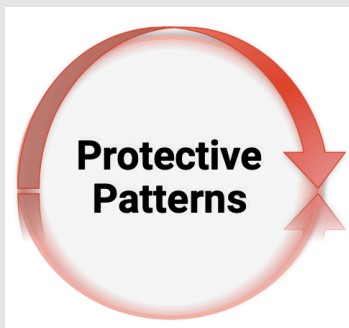
- Noticing Others
- Listening Actively
- Empathizing
- Choosing Kindness
- Speaking Authentically

## Collaborating Skills

for Creating Together

- Noticing Group
- Appreciating Others
- Creating Goals & Agreements
- Contributing
- Acting with Integrity

We Are Resilient™ recognizes emotional patterns as **sources of strength** that help to protect and empower us.



## Protective Patterns

- Distrusting
- Isolating
- Avoiding
- Hyper Caretaking
- Attacking

## Our Capacity for Self-Protection

We develop emotional reactive patterns that protect us from harm. They are normal and effective for surviving anxiety, toxic stress, or trauma, but they can also limit us. When we learn to identify our personal protective patterns, we can assess each situation to determine whether they are helpful or hindering us in that moment. If we strengthen our resilience skills of centering, connecting, and collaborating, we can respond more effectively.



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