

Ordinary Magic: Building Resiliency

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Goals & Objectives

- Explore resilience
- Examine what it means for your work
- Develop strategies for supporting resilience as you work with survivors

What is Resilience?

The capacity to recover quickly from difficulties; toughness

Research has shown that
resilience is ordinary, not
extraordinary.

Adversity happens.

Resilience is that indescribable quality that allows some people to be knocked down by life and come back at least as strong as before. Rather than having difficulties or failure overcome them and drain their resolve, they find a way to rise from the ashes.

What makes people resilient?

- Resilience is not a trait that people either have or do not have.
- It involves behaviors, thoughts and actions that can be learned and developed in anyone.

What makes people resilient? (2)

- Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family.
- Relationships that create love and trust, provide role models and offer encouragement and reassurance help bolster a person's resilience.

What makes people resilient? (3)

Several additional factors are associated with resilience, including:

- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

Strategies for Building Resilience

- Be intentional in your work with Survivors
- Studies show that helping people feel special, smart & creative helps
- Here are some ideas for how to do this

Building Resilience

- Support Cultural Values & Identity
- Help Build Connections
- Support Problem Solving
- Normalize the inevitability of change
- Help establish and move towards goals
- Support and promote positive view of themselves
- Help Survivors take good care

Culture Matters

- A person's culture can have a big impact on how they communicate feelings and deal with adversity
- Whether and how a person connects with significant others, including extended family members and community resources.

Help Make Connections

- Good relationships with close family members, friends or others are important.
- Help and support from those who care about the survivor
 - Listening strengthens resilience.
 - Social support and can help with reclaiming hope.
 - Assisting others also helps build resilience.

Building Problem Solving Skills

- You can't change the fact that highly stressful events happen, but you can help change how someone interprets and respond to these events.
- Help survivors looking beyond the present to how future circumstances may be a little better.
- Note any subtle ways in which they might already feel somewhat better as they deal with difficult situations.

Change is Inevitable

- Certain goals may no longer be attainable as a result of adverse situations.
- Focusing on what they can control, rather than what they can't, can really help

Develop goals

- Helping survivors develop realistic goals and move towards them can be helpful.
- What's one thing they can accomplish today or this week?
- Help guide them through decisive actions.

Help them see themselves positively

- Developing confidence in their ability to solve problems and trusting their instincts helps build resilience.
- Keeping things in perspective helps as well. Don't minimize their situation but help them see that down the road things can get better.
- Maintaining a positive outlook in the midst of the crisis also helps. Even if it's that they have access to your services.

Help them figure out how to take good care

- Emotional safety
- Physical safety
- Physical health
- Trauma informed
- Trauma intervention, if needed

Contact Information



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