



**remarkably
resilient[®]
together[™]**

Remarkably Resilient Together[™] is a community-focused effort to raise awareness about trauma and its impacts, while teaching the important skill of regulation, the power of relationships, and the importance of self-care. Neuroscientists, physicians, and researchers in the field of trauma and resilience agree that all three are important pieces to healing from trauma and strengthening resilience.

Each Remarkably Resilient Together campaign includes materials for helping people strengthen resilience using these key tools:

Card Decks

The “In the Moment” and “Over Time” card decks utilize the Four C’s: Calm, Care, Courage, and Connect. Using techniques and approaches from the “In the Moment” card deck helps people Calm, Care, have Courage, and Connect to get regulated and back to feeling their best. The “Over Time” card deck provides self-care techniques and approaches to help Calm, Care, have Courage, and Connect to keep our resilience cup full.

Reflective Journal

This personal journal is designed to build reflective capacity – the ability to step back with just ourselves or with others to look at something (an experience, a report, topic, period of time, etc.) in order to learn. **Reflection provides the space for humans to learn, change, and grow from our experiences.** When used with the “In the Moment” and “Over Time” card decks, the Reflective Journal becomes a powerful tool for practicing reflection while also building important resilience skills.

How it Works

Remarkably Resilient Together materials are available for organizations, businesses, schools, or other institutions looking to help people live healthier, fuller lives. Ideas for how to use these materials are provided on our Remarkably Resilient website notes below. In addition, we can work with you to develop a customized campaign. Contact us to learn more:

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*Remarkably Resilient Together is helping people become curious about the neuroscience of trauma while teaching regulation, the power of relationships, and the importance of self-care to strengthen resilience through the Four C’s: Calm, Care, Courage, and Connect. Learn more at **remarkably-resilient.com**.*