

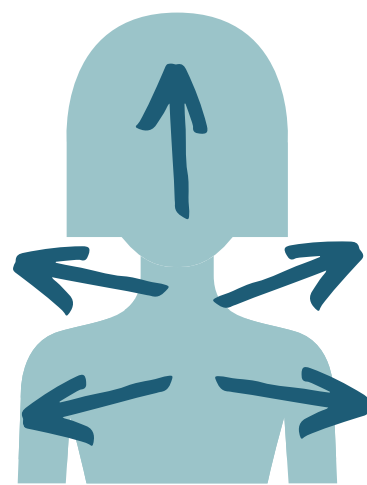
# Centering Resilience



**We invite you to center resilience with us.**

Resilience is not the only answer when facing hard things, but it can provide grounding and a foundation for the work that lays ahead.

Centering resilience reminds us that we cannot give what we do not have, and thus, we must start on the inside and work our way out.



**Knowing that resilience lives in the ordinary and small moments strikes us as an extremely realistic place to start when confronting adversity.**

Resilience research reveals time and again that those who have overcome serious tragedies almost always attribute their resilience to ordinary, rather than extraordinary, processes (Ann Masten, 2014). At the Devereux Center for Resilient Children, we focus on building the protective factors of healthy...

**relationships**

**initiative**

**self-regulation**

**internal beliefs**

...to foster resilience in children and adults. These protective factors are best nurtured in ordinary ways.

Remembering that **we belong to each other** (Mother Teresa) helps us center relationships, so that we may extend warm wishes to a stranger.

Remembering that **no act of kindness is too small** (Aesop) helps us center initiative, so that we can take one tiny step toward bettering the world.

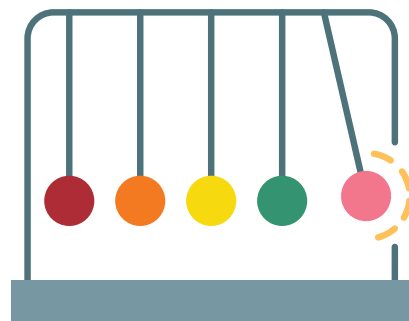
Remembering that **feelings are visitors** (Mooji) helps us center self-regulation, so that we can start talking about feelings in our daily conversations.

Remembering that **they are all our children** (James Baldwin) helps us center healthy internal beliefs, so that we can unite in a common vision for a better future.



**What is the smallest thing you can do today to nurture a **relationship**, or to grow a sense of **initiative**, or to enhance **emotional coping skills**, or to celebrate your **beliefs and values**?**

Finding an answer to just one of these questions will create some much needed resilience momentum. Once we start to feel this shift, we can do more small and ordinary things to help us feel more connected and better able to cope.



**We are grateful to each of you for your commitment to children, families, each other, and resilience.**



**Devereux**  
ADVANCED BEHAVIORAL HEALTH

CENTER FOR  
RESILIENT CHILDREN