

12 STEPS to Building Resilience

1. Practice Gratitude

Remember a time you felt grateful for your faith community. What details resonate with you as you bring this memory to mind?



2. Identify Your Gifts

List 5 gifts you and/or your congregation have to offer a neighbor today. Think of gifts both physical and intangible.



3. Make a New Connection

Attend worship with a neighboring faith community. Invite someone you've met there to worship with you in the weeks ahead.



4. Gain Insight

Remember a past hardship you and/or your congregation faced. Retell the story of that time and include the lessons learned.



5. Align Your Values

Select an organization connected with your church or find a potential new partner. How does their mission align with your values? Can you get more involved?



6. Listen for God's Promise

Take 5 minutes to read some of today's news stories. Read Psalm 121 or your favorite psalm. What do you hear from God?



7. Make Time to Laugh & Play

Engage in an activity or spend time with someone (or a pet) that brings you laughter and joy!



8. Rely on Coping Skills

Regularly incorporate a moment for deep breathing into your day and/or worship service. Breathe in. Breathe out. Repeat.



9. Become an Advocate

Connect with a local leader and listen to their goals for strengthening the community. Which goals spark your passion? How can you join this work?



10. Engage in Self-Compassion

Practice speaking to yourself with kindness and grace today. Write down 5 qualities you appreciate in yourself.



11. Overcome a Fear

Pick an obstacle standing in your (or your congregation's) way. What steps can you take to face these fears? Take them.



12. Stand Firmly in Hope

Name a hope you hold for yourself, your church, and for the next generation. Imagine standing firmly in the future where those hopes are realized.

