

Resilience After Crisis

When a crisis hits, don't go it alone

Personal Development Tips, Tricks and Strategies

At some point in your life
you are going to have to deal with **a crisis**

Most people will experience this

At first it may seem like it's **never** going to end

Resiliency **will** help you get **through it**

Don't Go It Alone

- When a crisis hits, don't go it alone
- **Be there for others affected – family, friends**
- Come up with ideas about moving forward
- **Don't bottle up feelings – too many emotions**
- Discuss feelings & they become easier to manage

Seek The Help Of Others

- Look to outside groups who deal with crises
- **There are hotlines & websites available**
- Get an outside view of the situation for perspective
- **They may have dealt with similar situations**
- If not, and only general crises, they can still help

Consider Professional Help

- If it's a big crisis seek out professional help
- **Plenty of counselors and psychiatrists available**
- They can get you through your darkest moments
- **Key is to use these resources as soon as possible**
- It may take longer to help if you wait too long

Struggling Financially?

- Contact your government to see if aid is available
- **Surprising at how much help is available**
- People don't use this to their advantage
- **Government budgets are created specifically**
- With a certain amount of money for crisis situations

Consider Crowdfunding

- Crowdfunding if no government money is available
- **People will often give towards crisis causes**
- Create a video to describe your situation
- **Videos help when obtaining this type of funding**

Other Help?

- Belong to a church or religious organization?
- **See what is available from them**
- Financial help or member involvement possibly
- **There may be people available to lend a hand**

Help Is There

- People help each other during times of crisis
- **Don't be overly proud and refuse the help**
- It can make the difference in staying resilient during a crisis

Resilience After Crisis

When a crisis hits, don't go it alone

Personal Development Tips, Tricks and Strategies