

## Resilience After Crisis

At some point in your life, you are going to have to deal with a crisis. Some lucky few people never experience this. However, most people will. When it does happen, it may at first seem like it's never going to end. But, it takes some resiliency. And that can help you get through it.

When a crisis hits, don't go it alone. When others are affected, like family members or friends, keep in touch with them. Talk it out and be there for each other. Agree to meet frequently to come up with ideas on how to move forward. Don't keep your feelings to yourself. It's only going to bottle up, and then you are going to explode with emotions later. By discussing your feelings, you can manage them easier.

Look to outside groups who deal with crises. There are hotlines and websites specifically for this cause. Sometimes, getting an outside view of a situation can offer new perspectives. These people may have dealt with situations similar to yours. But, even if they only deal with crises in general, that can still help.

If the crisis is big enough that it is overwhelming you, consider seeking out professional help. There are plenty of counselors and psychiatrists who can help you get through your darkest moments. The key is to use these resources as soon as possible. It may take longer for them to help if you wait too long.

If you are struggling financially due to the crisis, contact your government to see if financial aid is available. You would be surprised at how much help is available, and people don't use this to their advantage. Government budgets are created specifically with a certain amount of money for crisis situations.

You can also hit up crowdfunding if there is nothing available in the government coffers. People will often give towards crisis causes. When you pursue this avenue, make sure you create a video to describe your situation. Videos are a great help when obtaining this type of funding.

If you belong to a church or religious organization, see what is available from them. Either financial help or member involvement may be available. If you need to rebuild your house, for instance, there may be people available within the organization to lend a hand.

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 the crisis.