

# WeCanPROSPER Resilience Training

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This work is supported by Rural Health and Safety Education Grant Program, grant no. 2020-51103-32563/project accession no. 1024221 from the USDA National Institute of Food and Agriculture.





# Welcome

- Sharing is encouraged
- Stay muted unless speaking
- Compassion & respect for others
- Confidentiality

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# WeCanPROSPER Resilience Training (WRT)



1

Assess Personal Resilience



2

Access Resources



3

Action Plan Development



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# Resilience

Resilience is the process of negotiating, managing, and adapting to significant sources of stress or trauma.







# Financial Wellbeing

Strength of your resilience with regard to your finances, including your general financial literacy and use of tools such as budgeting and financial planning.



Financial  
Wellbeing



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# Healthy Living

Strength of your resilience with regard to your health, building healthy habits, and managing your diet, sleep, and exercise.



# Positive Relationships

Strength of your resilience found through your social supports and applied in family management and parenting.







# Sense of Accomplishment


Strength of your resilience in assessing priorities, planning and goal setting, implementing action plans, effective problem-solving and working toward work/life harmony.



# Sense of Purpose

Strength of your resilience as demonstrated in a connection to something larger than you found through professional and/or faith community supports.





Sense of  
Resilience

# Sense of Resilience

Strength of your resilience coming from your self-knowledge and awareness of wellbeing and resilience.



# Stress/Emotion Balance

Strength of your resilience using self-regulation and a variety of positive coping skills to assist with stress management and build social-emotional skills.







# Clearinghouse

[wecanprosper.org/clearinghouse](https://wecanprosper.org/clearinghouse)

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# Clearinghouse

All Financial Wellbeing Healthy Living Positive Relationships Sense of Accomplishment Sense of Purpose Sense of Resilience Stress/Emotion Balance



# Financial Wellbeing

With New Features!



**POWERPAY**  
HELPING DEBTORS BECOME SAVERS

[PowerPay \(Debt Reduction Tool\)](#)

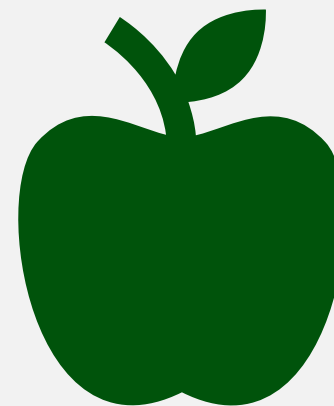
PowerPay will give you the tools to develop a personalized, self-directed debt elimination plan. Discover how quickly you can become debt free, and how much you can save in interest costs by following your debt reduction plan. Utah State University Extension is pleased to provide this debt management tool without any cost to consumers worldwide.

- [How To](#)
- [What's new](#)
- [Log In To PowerPay](#)

[Start Now](#)

[Help Keep PowerPay Free](#)

# Healthy Living



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# Healthy Living



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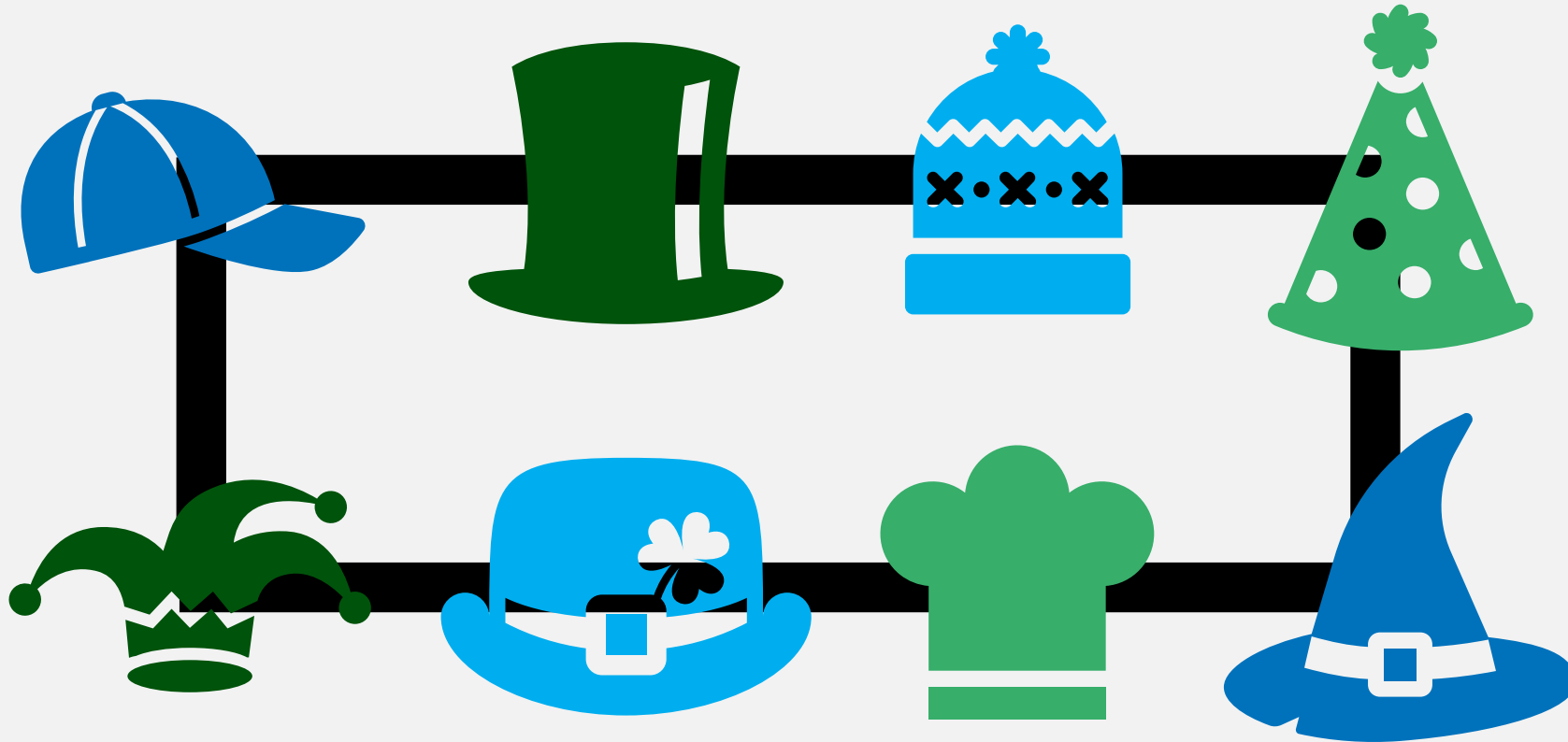
Healthy Living

WALKING

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# Positive Relationships



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# Positive Relationships

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# Positive Relationships



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# Positive Relationships

“Relationships that create love and trust, provide role models and offer encouragement and reassurance, help bolster a person’s resilience.”



# Sense of Accomplishment

CAREER

VOLUNTEER  
ACTIVITIES

FAMILY

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Sense of Accomplishment

ABC  
TECHNIQUE

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## To Do List

Make a list of all the things you know you need to do, take care of, etc. to get them off your mind and on to paper!

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Partnerships in Prevention Science Institute  
Iowa State University

To Do List | Page 1 of 1



A

Important *and time-sensitive*



B

Important, but not time-sensitive



C

Everything else





Make a list of all the things you know you need to do, take care of, etc. to get them off your mind and on to paper!

- Call dog groomer -B
- Do Booster Club agenda -A
- Add dentist appt to calendar -B
- Call Sport Med -A
- Δ filter in Rosie -B
- A chore chart -A
- Kids pickup poop in yard -A
- Text mom after COVID shot -A

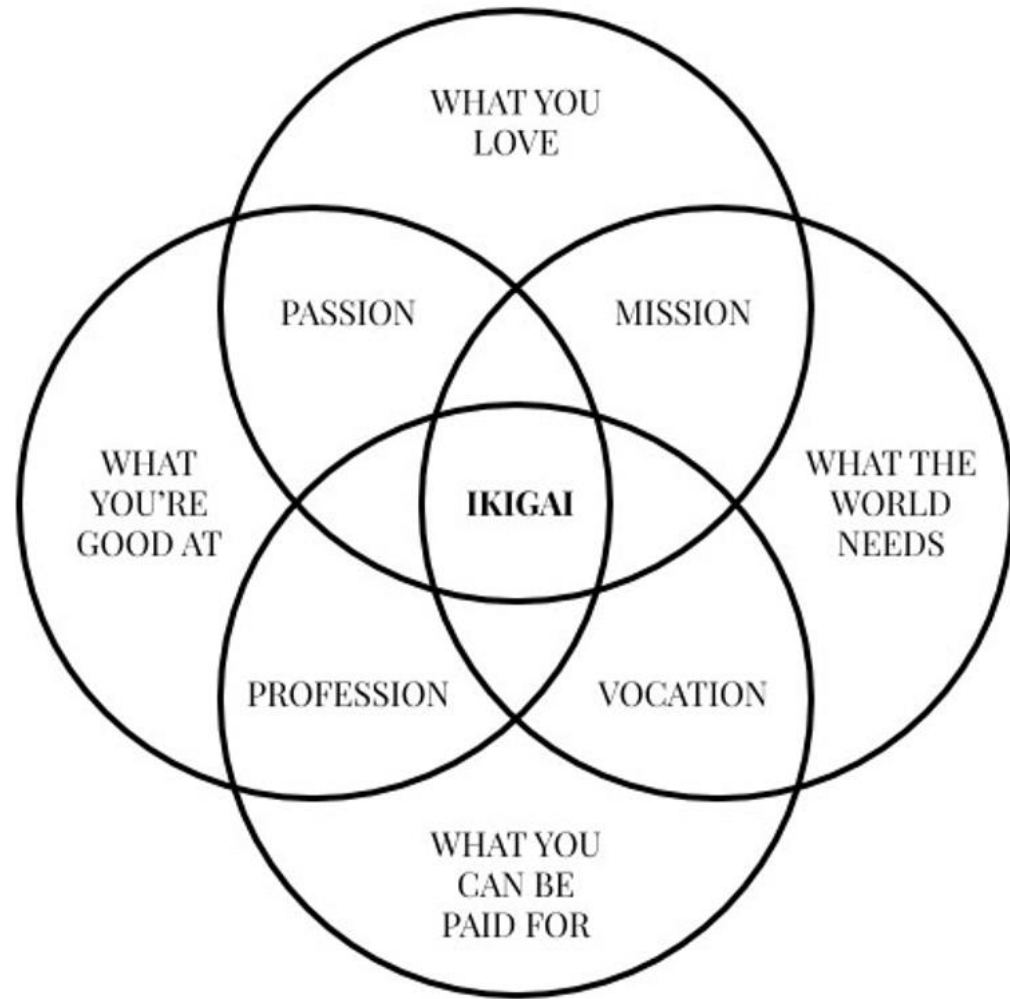
Groceries B

- milk
- eggs
- EVOD
- protein shakes
- PB

- PT exercises -C
- Vinyl Calc about PT -C

- Review slide deck -A
- Send Fran email -C

# Sense of Purpose



Sense of Resilience

WORRYING  
FEELING STUCK

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# Sense of Resilience

1. Advise a friend
2. Find what you can change
3. Identify benefits

# Stress/Emotion Balance



# FIGHT OR FLIGHT





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Breathe

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# Mindfulness

An evidence-based practice  
that reduces stress & anxiety

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# Mindfulness

Reduces  
stress

Improves emotional  
processing and coping

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# Mindfulness

Mindfulness is about  
being *fully present*

Thoughts  
& feelings

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# Mindfulness

Mindfulness begins with *observation*  
without interpretation or judgement

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# ENVIRONMENTAL CUES





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# Gratitude Practice

*Take a moment to reflect.  
Get real.  
Be creative.  
Go deep.  
Make it a habit.*

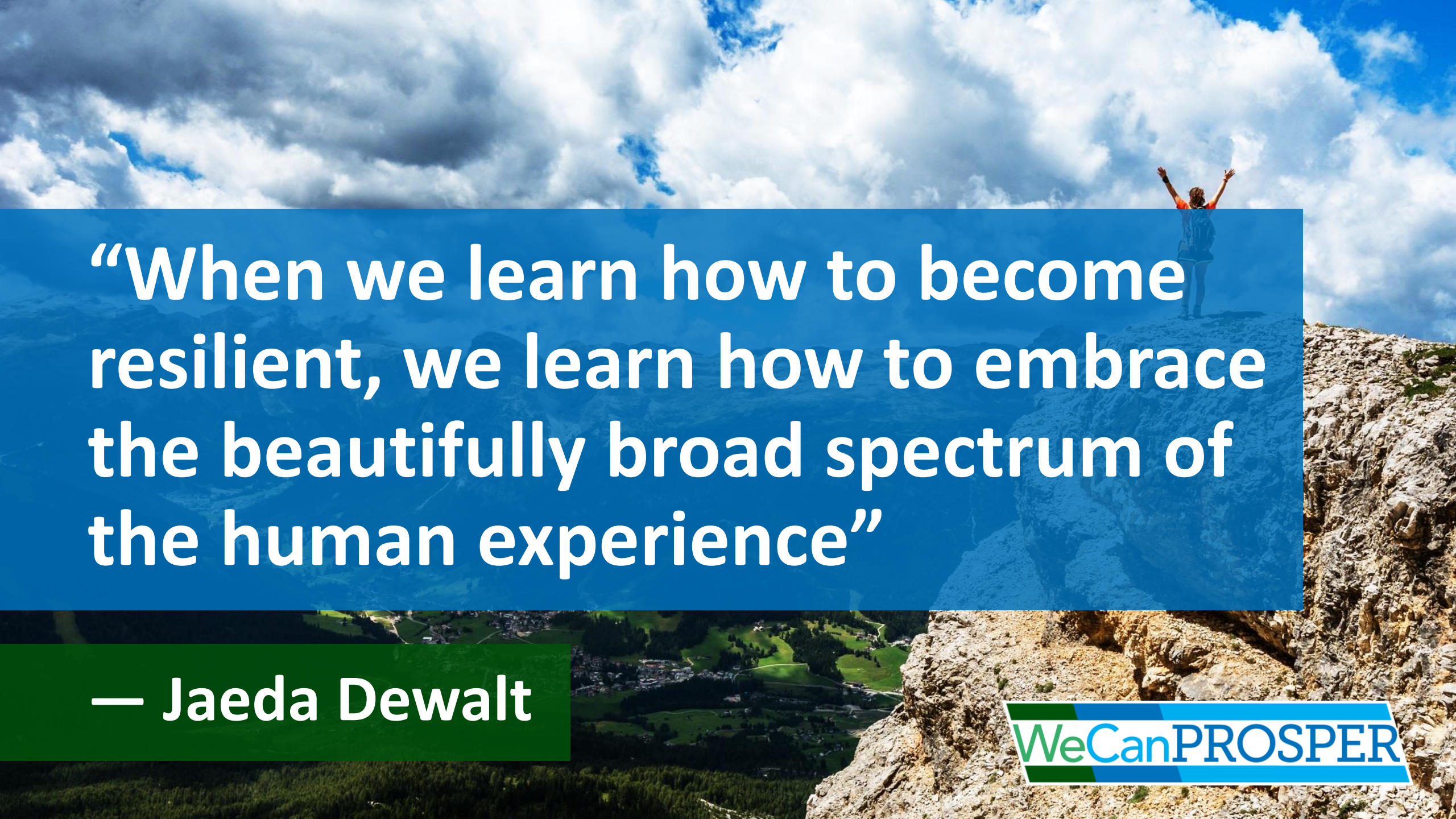
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# What's Next?



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A person is standing on the peak of a rocky mountain, with their arms raised in a gesture of triumph or joy. The sky is filled with large, white, fluffy clouds. The foreground shows the rugged, rocky terrain of the mountain peak. In the background, a valley with green fields and a small town is visible.

**“When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience”**

**— Jaeda Dewalt**

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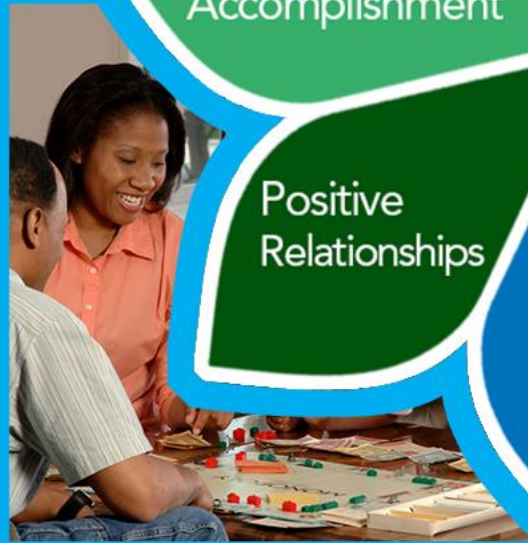
Sense of Purpose

Sense of Resilience



Sense of Accomplishment

Stress/Emotion Balance



Positive Relationships

Healthy Living

Financial Wellbeing



# THANK YOU!

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