

# Getting You Back On The Road To Resilience When Crisis Hits You Head On

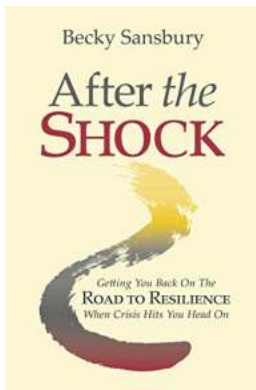


## The Importance of Resilience in Times of Crisis

When life throws unexpected challenges at us, it's important to have the resilience to withstand and overcome them. Crisis can come in various forms, such as health issues, financial difficulties, natural disasters, or even personal loss. These situations can leave us feeling vulnerable, overwhelmed, and unsure of how to move forward.

## The Roadmap to Rebuilding Your Resilience

Building resilience is not an overnight process. It requires patience, self-reflection, and dedication. Here are the steps to get you back on the road to resilience when crisis hits you head on:



## After the Shock: Getting You Back On The Road To Resilience When Crisis Hits You Head On

by Becky Sansbury (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English

File size : 697 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 242 pages

Lending : Enabled



### 1. Acknowledge the Impact

The first step towards resilience is acknowledging the impact of the crisis. It's normal to feel a range of emotions, including sadness, anger, or fear. Take the time to process these emotions and understand how the crisis has affected you.

### 2. Seek Support

Don't try to go through the crisis alone. Reach out to friends, family, or support groups who can provide guidance and understanding. Sometimes, talking to someone who has experienced a similar situation can be incredibly helpful.

### 3. Take Care of Your Well-being

During times of crisis, it's crucial to prioritize your physical and mental well-being. Engage in activities that bring you joy, practice self-care, and ensure you're getting enough rest. Taking care of yourself will increase your ability to face challenges with resilience.

## **4. Embrace Change and Adaptability**

When crisis hits, it often brings significant changes that require adaptability. Embracing change can be challenging, but it's essential for building resilience. Recognize that change is a part of life and focus on finding new opportunities within the situation.

## **5. Set Realistic Goals**

Setting realistic goals can help you regain a sense of control and purpose. Break down your larger goals into smaller, manageable steps. Celebrate each milestone along the way to keep yourself motivated.

## **6. Cultivate Positivity and Gratitude**

Practicing positivity and gratitude can help shift your mindset and allow you to see silver linings even in challenging times. Surround yourself with positive influences, practice gratitude daily, and focus on the things you still have and appreciate.

## **7. Learn from the Experience**

Every crisis has its lessons. Reflect on what you've learned from the experience and how it has shaped you. Use these lessons as stepping stones to grow and evolve, both personally and professionally.

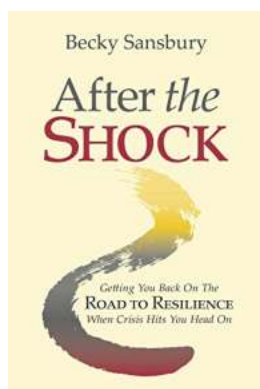
## **8. Seek Professional Help if Needed**

There's no shame in seeking professional help if you're struggling to cope with the crisis. Therapists, counselors, or life coaches can provide valuable support and guidance during difficult times.

## **Resilience: Your Pathway to a Brighter Future**

Building resilience in times of crisis is not easy, but it's a journey worth taking. By acknowledging the impact, seeking support, taking care of your well-being, embracing change, setting realistic goals, cultivating positivity, learning from the experience, and seeking professional help if needed, you can overcome even the toughest challenges.

Remember, resilience is the key to not only surviving but thriving in the face of adversity. Let this crisis be a catalyst for personal growth and rediscover your inner strength.



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If you are in crisis or walking alongside someone in crisis, this book is meant for you. This is more than a book; it is like being with a great friend.

When you hear the word crisis what do you think? A dramatic car wreck. A critical medical diagnosis. Divorce. Job loss. Natural disaster. Death. What about the mini-shocks within those crises or the smaller events that disrupt our lives more frequently? A fender bender in rush-hour traffic. Personal information getting

hacked. Being overlooked for a promotion.

When crisis hits, large or small, we are thrown off balance.

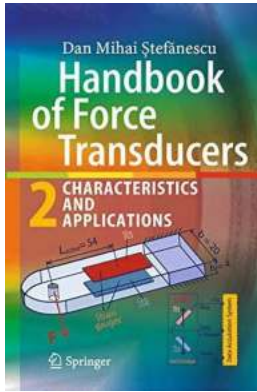
In *After the Shock: Getting You Back On The Road To Resilience When Crisis Hits You Head On*, Becky Sansbury introduces a sustainable model to help you stabilize and move toward resilience.

After decades of working with people in crisis, she determined that four factors give us balance, strength and support throughout our lives, but especially in shocking times. Like the four tires of a car, comfort, control, community, and connection to something bigger than self provide both a base and a cushion for navigating the ruts and potholes of life. But that is not enough to move us on to resilience.

In the overwhelming confusion of crisis we crave a space safe for focusing on our current experience, strengthened by crucial lessons from the past. We make both casual and far-reaching decisions based on assumptions that may no longer be authentic or lead to our desired future. We grasp for resources, often unsure of what we need.

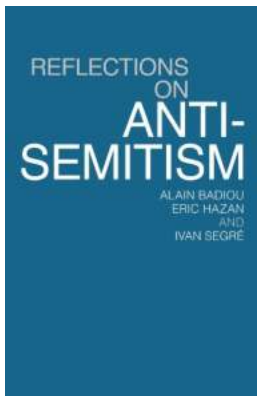
Expanding the car metaphor, in *After the Shock* the reader learns effective ways to use the frame of experience, the steering capacity of assumptions, and the fuel of resources to lead toward more resilient responses in a variety of crises.

Reach for *After the Shock* to nurture healing through warmth and wisdom. Written in a conversational style, this book provides practical tools while wrapping you with virtual arms of support as you make your way from reaction to resilience.



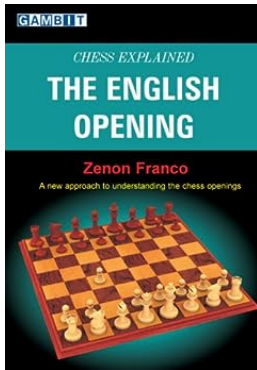
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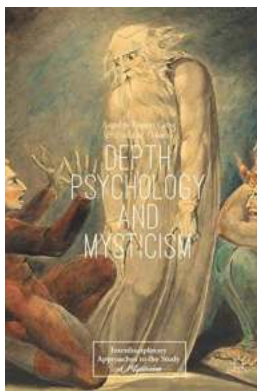
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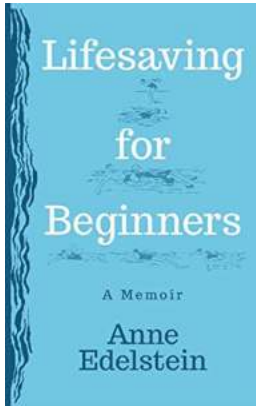
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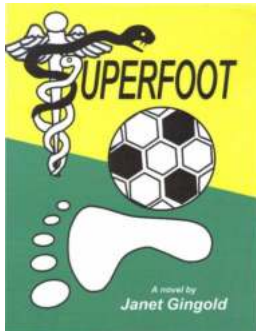
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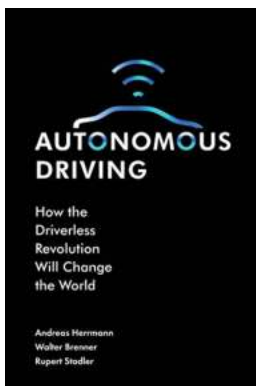
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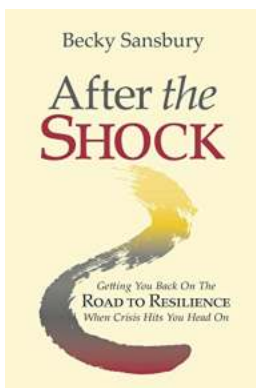
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