

NOVEMBER — EMOTIONAL RESILIENCE

Emotional Resilience

What is it?

Emotional resilience is building the ability to **adapt**, **cope** and **recover** from **emotional challenges** with **strength** and **flexibility**. It's taking time to develop skills and strategies to manage stress, navigate difficult emotions and maintain a positive outlook even during the most trying times.

Want to know more? Come in and speak to an advocate, pick up a **wellness calendar** and try the at home activity before this months **community event** on **Friday the 24th of November!**

Art Wednesdays November!

This month we want to encourage people to share their own craft with locals, so it's a BYO craft month!

**Each Wednesday between
10am & 1pm**

Bring your own craft to work on, enjoy the company of other crafters and share skills and crafts with other local community members.

Tea, coffee and biscuits supplied!

Where can you find us this month!?

12th November

Eungella Markets 9am—12pm

Contact us:

Email:

Valleyassist@mackayadvocacy.com.au

Stacy@mackayadvocacy.com.au

Phone:

[Luke - 0456 922 492](tel:0456922492)

[Stacy - 0448 212 761](tel:0448212761)

In person: 13 Anzac Ave, Finch Hatton

Office hours: 9am - 2pm Monday - Friday

FREE COMMUNITY EVENT

EMOTIONAL RESILIENCE WORKSHOP

with Kylee Clarke - Krystalline Kreations

Friday 24th of November

Finch Hatton Wellness Space

13 Anzac Ave, Finch Hatton

Dates to mark in your calendar this month

- 11th - Remembrance Day
- 16th - International day of Tolerance
- **24th - Emotional Resilience Workshop**
11am - 1pm @ Finch Hatton Wellness Space

The Ten Characteristics of Resilience

Growth Mindset

"It's not that I'm so smart, I just stay with problems longer."
- Albert Einstein

Optimism

"There is a crack in everything. That's how the light gets in."
- Leonard Cohen

Internal Locus of Control

"I am not what happened to me. I am what I choose to become."
- Carl Jung

Sense of Meaning

"The meaning of life is to find your gift. The purpose of life is to give it away." - Pablo Picasso

Strong Self-Worth

"Too many people overvalue what they are not and undervalue what they are." - Malcolm Forbes

Self-Compassion

"Self-care is never a selfish act; it is simply good stewardship of the gift I was put on Earth to offer to other." - Parker Palmer

Perseverance & Grit

"What is to give light must endure burning." - Viktor Frankl

Community & Support

"The one of us who finds the strength to get up first, must help the other." - Vera Nazarian

Courage

"Fall seven times, stand up eight."
- Japanese Proverb

Humour

"Don't take life too seriously - you'll never get out alive." - Elbert Hubbard