### Strategies for Personal and Community Resilience

The events of summer 2017 in Charlottesville affected us all. For many, the events and the ongoing news cycle around them are part of a longer history of community trauma. As we mark the one-year anniversary and beyond, let’s keep these tips in mind for caring for ourselves and our community.

| **Seek Emotional Safety** | • Notice what things cause you to feel stress and anxiety  
• Reduce media exposure  
• Do things to help cope with stress, such as exercise, journaling, meditation, or prayer |
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| **Stay Connected**       | • Keep routines with family and friends  
• Stay involved in activities & groups that make you feel good  
For mental health resources, call 434-227-0641 or see helphappenshere.org/Resilience |
| **Foster Hope & Work for Change** | • Notice negative thoughts and reflect on personal and community progress  
• Participate in activities that promote equity and safety for all  
• Do something to help others |
| **Support Children**     | • Limit media exposure  
• Support children to make a positive difference in their community  
• Answer kids’ questions honestly  
• Discuss concerns with teachers/professionals |

For summer updates see Charlottesville.org/ResilientCville