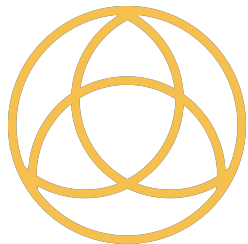


There are so many systems for stress reduction out there.

But which ones ask,

“Is this working for you?”

The Resilience Toolkit teaches you to recognize your own stress and relaxation cycles. You'll understand when your stress is helping or harming you. You'll learn how to choose from a menu of quick, effective stress-reduction tools. And you'll build your new skills into deep, lasting habits.



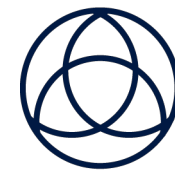
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“

I learned that there is not one rule, one way that works for everybody. Each person, by enhancing self-awareness, may be able to find what works for them.

- CS



**THE
RESILIENCE
TOOLKIT**

A practical and responsive
framework for transformation.



BENEFITS

There are significant measurable benefits to the practices in The Resilience Toolkit.

Mindfulness Benefits

- Decreased stress and burnout
- Reduced anxiety and depression
- Relief of chronic pain
- Enhanced attention and focus

Movement Benefits

- Improved emotional regulation
- Increased self-awareness
- Fosters resilience

Breathwork Benefits

- Decreased anxiety and stress
- Decreased pain
- Improved body awareness

Therapeutic Tremor Benefits

- Improved quality of life
- Decreased trauma symptoms
- Decreased burnout

APPROACH

Grounded in theory and a social justice context, The Resilience Toolkit utilizes carefully curated evidence-based and promising stress reduction practices. These mindfulness and movement skills promote embodied self-awareness, nervous system and emotional regulation, and interpersonal connection.

The Toolkit empowers people with an intersectional framework to identify their own stress cycles, confidently implement appropriate regulation skills in a way that honors cultural and historical experiences, and effectively builds resilience over time.

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ABOUT

Increase your capacity to meet and recover from life's challenges with The Resilience Toolkit.

Presented in a trauma-informed framework, The Resilience Toolkit identifies your symptoms of stress and empowers you to respond effectively so you can feel more **calm and resilient**.

When people are more relaxed and resilient they have an increased capacity for human connection and creative problem-solving. Equipped with effective strategies for self-regulation and recovery, Toolkit users are able to sustainably work towards positive change for themselves, their families, and their communities.

“

My anxiety was often in anticipation of not being able to meet the challenges the day may bring. Now just knowing that I can access any of these tools throughout the day has given me a new sense of calm. What a gift.

- TLF