

How To Use This Book

There are four ways you can use this guidebook to enhance your level of resilience.

1. You can read the book cover to cover and discover specific *Action Plans* that you, your family and friends can take to enhance resilience in six major areas: physical; interpersonal; emotional; behavioral; thinking (cognitive); and spiritual .
2. You can go to a specific area of resilience that interests you and read about what actions resilient individuals have taken to “bounce back” after a traumatic experience. Learn how others have coped with the aftermath of trauma and loss.
3. You can go directly to Appendix A (pages 191-196), which is a user-friendly guide to all of the ways to enhance resilience. Next to each *Action Plan* is the page number on which you will find specific suggestions of resilience-bolstering behaviors.
4. And finally, you can go directly to Appendix B (pages 199-202) which is a summary of “How to” steps that are listed in *alphabetical* order. Here you can look up a specific need or area of interest and locate the page on which you can find the important “how to” information. If you are in a hurry and want specific information for a specific problem, then use Appendix B.

Both Appendices A and B are like *mini-computers*, providing specific resilience-bolstering activities *on demand*.

I have decided to list each *Action Plan* in the first person (“I” statements) in order to help you see yourself, your family and friends taking specific steps to bolster your resilience. This guidebook is designed to expand your coping tool kit and provide practical suggestions that can be tried by you at your own speed. You will encounter “success stories” of individuals, families and communities who have managed to survive and transform themselves and their surroundings having suffered a traumatic episode.

And one last thing . . . at the end of each of the major sections you will find a request form asking you to contribute other examples of ways to improve your *fitness* in

each area. I would like you to please email me at examples@roadmaptoresilience.org your suggestions on ways that you, your family members and friends have used to bolster resilience and achieve post-traumatic growth that may not have been discussed. I will share your suggestions with others, but I will keep all suggestions completely *anonymous*. With your help, we will go *viral* and share these examples of resilience-bolstering activities on our website, www.roadmaptoresilience.org. Together, we can build “nurturing environments” that will be useful to everyone.