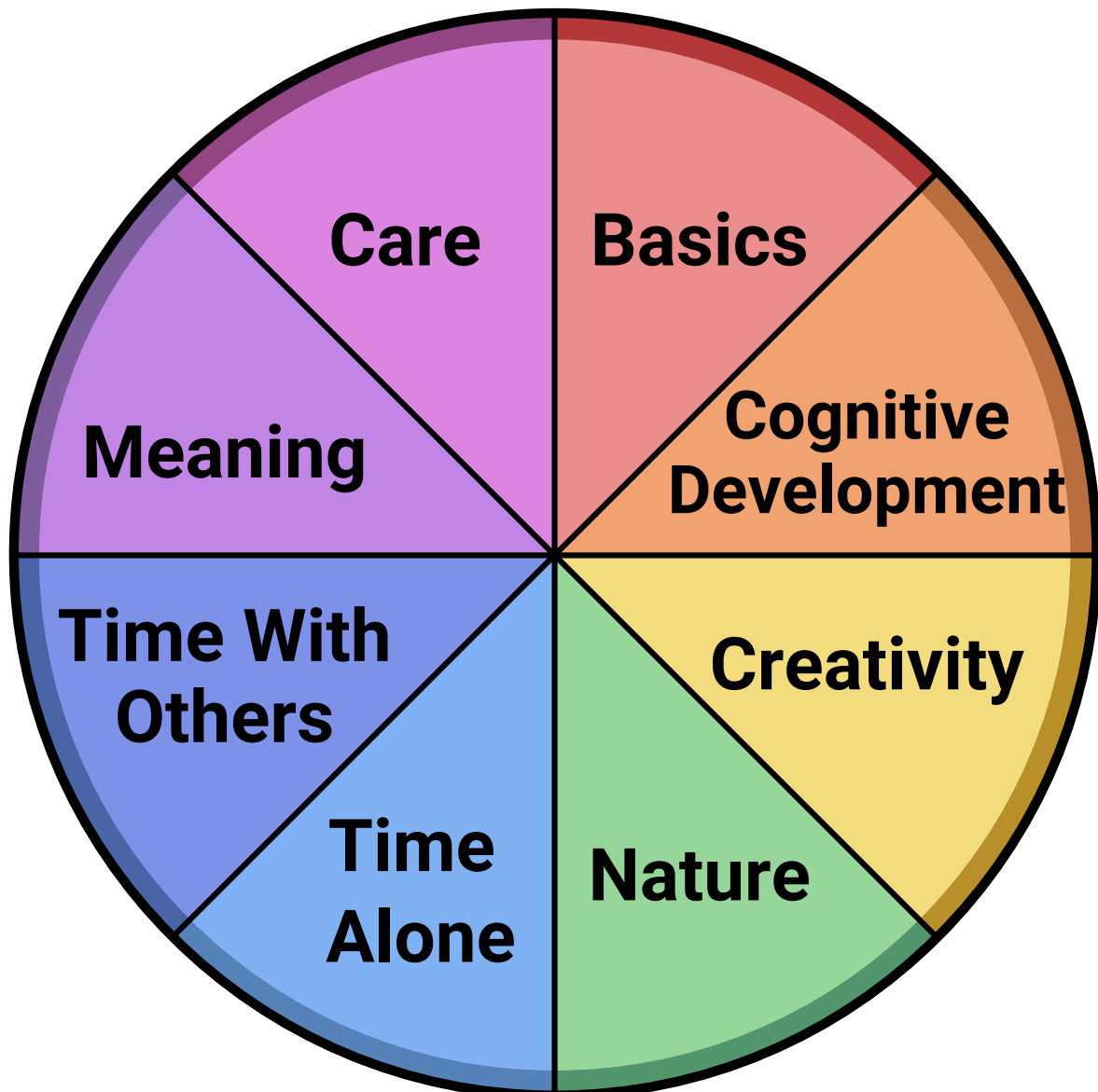


# The Resilience Wheel

CAMPAIGN  
BOOTCAMP

Researchers looking into children's recovery from trauma have noticed that not all kids react the same to traumatic events, with some children recovering quicker than others, or coming out stronger from the experience. In other words, some children showed greater resilience than others.

Following this observation, the researchers identified a number of **'protective factors': conditions which increased resilience.** These factors can be placed into 8 categories, illustrated by the Resilience Wheel below:



Adapted from:

The categories of **the Resilience Wheel can be used to develop strategies** that build resilience, restore energy, and allow us to recover from stressful or painful situations and learn from them.

Here are some examples of these strategies:

## Basics

Food, sleep, rest, medical care, safety, rhythm and routine

- (Re)install a daily rhythm and routine
- Make sure you eat and sleep well, in a healthy and regular way
- Don't ignore physical or mental reactions and get extra help if/when you need it
- Invest time and energy in a safe setting, space or location

## Cognitive development

Problem solving skills, self-control, self-efficacy, learning processes

- Provide yourself with meaningful tasks that are within your reach
- Invest in evolutionary learning (action, reaction, reflection, analysis, planning) and incorporate strategy and long-term visions in your action planning
- Share knowledge, wisdom and experience, by using the 'each one teach one' principle and skill-sharings
- Practice meditation or mindfulness for self-regulating skills

## Creativity

Imagination, expression

- Integrate creative forms of expression (music, dance, arts, construction, poetry, storytelling etc.) on both a personal level (e.g. for processing high-stress events) and a group level (e.g. in different action forms)
- Find a balance between the good practices of the known and innovatory exploration of the out-of-the-box (e.g. in organisation, decision taking, action forms)

## Nature

Connection, rootedness

- Open up to the restorative power of nature
- Integrate flora, fauna, season/day cycles, the diversity of landscapes and the elements in your resilience strategies

## Time Alone

Resourcing, self-awareness

- Reflect on your personal resilience strategies/activities for time alone and integrate these in your daily rhythm
- Check in with yourself on a physical, mental and emotional level before taking decisions: make it a conscious decision instead of a reflex
- Practice non-judgmental observation

## Time with Others

Connection, recharging, relaxation, celebrating accomplishments

- Commit yourself to resolve conflicts from a positive starting point, use non-judgmental observation
- Deliberately create moments to check in on a personal and interpersonal level
- Participate in trainings and prepare your actions thoroughly as a group
- Celebrate together what has been accomplished
- Invest in moments of play, nature, music and all other things that make life beautiful and worthwhile

## Meaning

Motivation, life questions

- Reflect on your personal motivation for activism and deliberately value this
- Combine a long term vision with 'pacing' (it's a marathon, not a sprint!)
- Consciously invest in a connection with the here and now
- Search for your own form of spirituality and deeper meaning, create your own rituals to mark important moments in processes

## Care

Tutorship, community care

- Take care of each other by using buddy systems, not only during actions but also afterwards
- Set up after-action affinity groups, combining different levels of experience and different resilience strategies
- Take the care for yourself seriously and be aware of avoidance mechanisms such as isolation, substance abuse or workaholism
- Make use of supportive structures such as a legal team or other things within a larger action e.g. XR affinity groups

### Try it out!

Think of some of the things you do to help you get through difficult times and use the template below to create your own resilience wheel

