



Posttraumatic Growth

...positive psychological change experienced as a result of a struggle with highly challenging life circumstances.

SHIFT Happens!

Self-Reflection from a strengths-based lens generates energy to adapt, grow, and change. Begin your reflection time with a Mindful Pause:



TAKE A MINDFUL PAUSE:

STOP and prioritize self-care

BREATHE to connect body and mind

THINK with a restorative mindset

CHOOSE to align with purpose

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Development of deeper relationships

Who has experience surviving such a trauma? Are there people whom I trust to share this experience and gain perspective in reframing the experience?

Openness to new possibilities

While I cannot change what has happened, what can I learn from this experience? How can this experience better prepare me for future stress and trauma? How can I transform tragedy into triumph?

Greater sense of strength

Because I survived this experience, am I stronger than I thought? Are there role models who have grown stronger under conditions of extreme adversity and suffering?

Stronger sense of spirituality

Is this experience bigger than myself? What brings meaning to my life? What are my true values? Are my choices aligned with my values?

Stronger sense of spirituality

Will this be a wake-up call for me and push me to reorder priorities in my life?